

A  
0  
0  
1  
3  
4  
4  
0  
7  
0  
6




UC SOUTHERN REGIONAL LIBRARY FACILITY



7,15,22 41

UNIVERSITY of CALIFORNIA  
AT  
LOS ANGELES  
LIBRARY



Digitized by the Internet Archive  
in 2007 with funding from  
Microsoft Corporation





# GYMNASTIC GAMES



CLASSIFIED

BY

E. H. ARNOLD

12915

COMPILED BY

ANNIE R. HUGHES

INSTRUCTOR IN GYMNASTICS, SELECT FRIENDS' SCHOOL,

WASHINGTON, D. C.

12915

8001110 70. VIMU  
01123.13000.00.1A

2000

GV  
1203  
A75

## INTRODUCTION TO GAMES.

---

In a system of gymnastics, games may be used for hygienic, developmental and educational purposes. For general hygienic ends their value is great, if for no other reason, than that it usually requires a large air space, oftentimes outdoors, to play them. On the other hand, the hygienic value of games is a doubtful one, because the movements occurring in games can only be predetermined in general. That means that they cannot be graded as to quantity or quality with exactness. Exactness, however, in these two things, is an absolute necessity where gymnastics are given for hygienic ends. Such exactness being possible with formal gymnastic exercises, these therefore must always be given a preference where exactness in quantity and quality of exercise is desirable or necessary.

The same may be said to be true of the developmental effect of exercises occurring in games. If it be difficult to trace the effect, formal gymnastic movements have upon the development of this tissue or that organ, it is certainly impossible to exactly predict the effect which the unpredetermined movements in games might have. Formal gymnastics will always be far superior in this respect to games.

To turn to the educational purposes of games. They are mental and moral ones. Among the mental ones co-ordination

should be separately considered. As far as some of the mental processes (to be mentioned hereafter) are serviceable to establish co-ordination, games may be said to help co-ordination. Games can, however, not be arranged methodically for co-ordination purposes, for the simple reason that the movements occurring in them cannot be predetermined. The development of co-ordination power must, therefore, also be the domain of formal gymnastics.

What use games are in the moral training of children and youth has been enlarged upon by many authors in many places. Even that teaching has to be incidental, as the occasion for pointing a moral offers in the course of a game. The great value of games in this direction lies in the fact that most of the moral teaching reward for proper punishment for improper actions is self administered or then applied by pupil-companions and playmates, not by the teacher.

In any attempt to classify games for teaching purposes one should arrange them as to their difficulty. The movements not being predetermined, classification according to mechanical, physiological or moral principles will be impossible. Classification according to the apparatus the game is played with, as for instance, ball games, or according to the exercise most conspicuous within the games (as running games), is arbitrary, and for teaching purposes useless, for it classes together games of the most different grades of difficulty. The mechanical difficulty might be approximately foreseen and games classified accordingly. Yet if we look closely, we find that most bodily movements occurring in games are in themselves extremely simple and easy of execution. What is it then that makes games differently difficult of execution? For that they do differ in difficulty, is at once clear. Little children do not attempt competitive games. Youth will not play complicated games, as baseball or football well. They are too difficult for them. If, then, the difficulty be not mechanical, it must be mental.

Before undertaking the task of classifying games according to mental difficulty for teaching purposes, we should ask, is it necessary to teach games? May not games be left to the play instinct of children? If there be any benefit derived from games

at all, and who would deny that there is, it would seem desirable to secure those benefits to a great number of children—to all of them, if possible. Observation of children will easily convince one, however, that not all children play in such a way as to derive any or all of the benefits that may be gotten from play. The puny and weak boy will not play because his strength and endurance will not carry him through the games that stronger boys of like age play. He is ashamed to play with younger ones. The boy who lacks courage and daring will not indulge in games demanding these qualities as a pre-requisite for playing them. The clumsy and unhandy boy will not take part in games calling for skill. It is the boys and girls who possess some or all of these qualities already, who play and by play develop these qualities still more. Boys and girls who are devoid of the qualities above mentioned, and who do not play, are the ones who need to play most, and they cannot be persuaded to play, unless they are led or taught to play games that will ask for few, if any, of the above qualities, yet give them.

Whatever may be said in favor of games and plays (athletics), in secondary schools and colleges as practiced nowadays, there must be no doubt about one serious shortcoming of them. They do not serve to improve those who need improvement bodily, mentally or morally, but simply select those most developed in these directions, to play these games and derive a little benefit from them. That these select players do derive only a little benefit from gaming and playing, one can readily see, and as far as improvement in mental qualities goes, it has been experimentally proven that such improvement is very small indeed.

In order, then, to secure for the majority of children and youth, the beneficial results of playing, it is necessary, first, to provide them with playing facilities, i. e., playgrounds, play time and playing apparatus. Then, in addition, the ability to improve these facilities. That means that children should be led to play games which are suited in their mental difficulty, to the ability of the child. They must not offer such difficulties as will make the child stand by bewildered, and look at others

playing, nor must they be so easy as not to incite the pleasurable feeling of having overcome difficulty.

Classification, according to mental difficulty, is then a prerequisite for securing the beneficial results of playing to a great majority, or perhaps all children.

The following classification may not stand laboratory tests, but has stood the test of practical application on the floor of the gymnasium and on the playground. I have no doubt but what it may be readily improved upon. The games given under each heading may not all be of pure type, because simple games of a pure type are rare, most games being more or less complex mentally. Especially is it difficult to find games of pure type, as we advance in our scale of difficulty. As much as possible or necessary, we have indicated in parenthesis and by numerals, what mental processes are most conspicuous in the game, so that it may be referred to games of kindred character. This is also to serve in helping to analyze the games. Usually the games of one class partake of the nature of the games of one or more of the next lower classes.

In teaching games of a complex nature it is therefore a wise plan to play (teach) each of the component elements of a game separately, then add one by one till all the elements are assembled as a unit in the game. This is practically what is called "coaching," and successful coaching will be found to correspond with this idea.

The first set of gymnastic games which children play are games which apparently have no purpose. They can, of course not be taught. The child needs simply time and space to play them.

The next set of games are games of inexact imitation. Imitation at this stage must be inexact, because all sense perceptions of this period are more or less imperfect. No attempt should therefore be made to insist upon exactness of imitation. Again, no teaching can or need be done, a chance to play only being required.

The next set of games are those which will tend to develop the sensual apparatus. The senses which have to do mainly

with movement are the sense of sight, of touch and of hearing. We shall have, therefore, in this group, games that practice and develop the sense of sight, of touch and of hearing.

Within the series for the sense of sight, a subdivision might and could be made. One can have games where form is to be recognized or distinguished only, likewise such where color is to be determined only. Then, those where form and color both must be distinguished. Progression in difficulty within this group is also effected by first recognizing form or color, or both, of things stationary, then of bodies moving.

In the games for the sense of hearing, those where movements are guided by any kind of noise are first. Then follow those where noises and sounds must be distinguished as to intensity or pitch, or both.

In the games for the sense of touch, the primary ones should be those where simply the perceptions of any form of touch sensation is needed. Later on, games for sensations of touch, differing as to intensity, duration, etc., should be practiced.

It will be seen, therefore, that in a way these games may be called games of discrimination. Having acquired, through games of the above kind, keen sight, touch and hearing, the pupil is ready to go one step farther. He will play games dependent upon exactness of motion. That exactness of motion is impossible without exactness of sight and touch, goes without saying, and therefore this sequence.

In this group of games, a great many games of throwing and catching missiles belong, beside others. The most commonly used missiles are the various forms of balls, though jack-stones, hoops, spears, etc., belong in the like class. Games in this group may be classed as follows: Catching or laying hold of things, is to be practiced on rather bulky and weighty things, first, that would require action of both hands or both feet, if catching were to be done with the latter. As one goes along, the bulk and weight grow less. Laying hold, must first be done on things stationary, then on things moving. The moving object should at first move with little, then with ever-increasing velocity. The player should learn to catch first while he

himself is stationary, moving arms, trunk and legs within his place only. Later on, he must learn to step out of place in order to catch, and finally, he wants to practice catching on the walk and run. The running and walking to be done in all directions, forward, sideward and backward. The speed of the movement, i. e., the running, to be slow at first and ever increasing. At first, catcher and object to be caught must both be stationary, and then they both should proceed through the series of increasingly difficult manoeuvres, as above. The catching or laying hold of, or striking, is to be done at first with parts of the body, principally the hands and more rarely the feet, or other parts of the body, then with catching or striking implements. The larger the catching or striking surface is, the easier will be the catching and striking with implements; the smaller the more difficult, and progression will have to be along these lines. The various batting instruments used in games clearly show the advancing difficulty of catching and striking, according to this principle. Throwing missiles will follow the same outlines. In catching, more yet in throwing, another element in movement enters, i. e., steadiness of motion (or position).

Yet a separate group must be established for games for steadiness of motion. These games are mainly aiming games. Shooting with arrows, blow pipes, pistols, guns, belong to this set. Aiming and shooting is to be done, the marksman stationary, shooting with a large projectile, at a large target, distance between marksman and target first small. The projectile and target grow smaller, the distance larger, as we advance in difficulty. Next the stationary marksman will shoot at objects moving in a straight track towards, or away from, the marksman, at first with lesser, then with increasing velocity. The marksman will then aim and shoot while he himself moves towards, then away, from the target, with lesser and increasing velocity. At first he moves himself, then he mounts and moves on an animal, vehicle or train, and shoots at a stationary target. Finally, marksman and target, both moving at first in straight, parallel tracks, tracks at right angles, tracks running

in opposing directions, and finally irregular tracks, will form the most difficult set of games in this class.

Having played games of these different kinds, the player is now ready to proceed to games of exact imitation. The increasing difficulty of games of this kind may be easily judged by examining the foregoing considerations. Now, though our player may be able to see, hear and feel correctly, though he may, in response to these sense stimulations, be able to perform exact and steady motion, he will be found a deficient player on the athletic field, as well as in the play of life, if he be unable to respond quickly to the stimulation.

The next set of games will therefore be games that will tend to shorten reaction time. Reaction time can be shortened only, if the player is to expect at first, only one well-known stimulus. The only question in his mind being then, when this stimulus is to be received. And if he is to react upon this stimulus as soon as possible, the action must be one beforehand known and practiced. Only when things have been simplified for our player in this way, when he has been prepared for quick reaction, will he not stand still bewildered by the problems of the game.

Having brought our player around this dangerous corner we are ready to have him go one step farther. He will now have to learn the art of discrimination. At first he must be asked to discriminate between only two stimuli, both of them well-known beforehand, and to react with a well-known and practiced action upon the receipt of one of them. Difficulty in this group increases as the number of stimuli that have to be discriminated between, increases.

Following this, come games of choice or judgment. Here the player should at first react upon only one well-known stimulus, not being asked, therefore, to discriminate. He should react, however, no longer with only one action beforehand known but must now be made to choose between several actions, all of them well-known and practiced, the one most suitable to the occasion. It stands to reason that the greater the range of choice, the greater will be the difficulty of the game.

After this should come games where discrimination as well as judgment have to be practiced. That is, reaction by a

chosen suitable action now takes place only upon the receipt of a particular one among two or more stimuli. With this we are practically at the end of mental difficulty in games. The games hereafter mentioned all partake of the type of the last mentioned ones, more or less. They presuppose all the qualities from correct sight and exact motion to quick reaction and good judgment. They are organized games, mostly of a competitive character, two or more sides playing against one another in these games.

We distinguish here games of low and high organization. Games of low organization are characterized by the fact that all players of one side hold practically the same position; that means at the same time, all positions in the game. Every player plays the whole game. Organization proceeds with the subdivision of each party to a game and the specialization of the work that each party is to do.

So we have games where each side plays two positions, with a number that means at least two players for each position. This divides the responsibility for the position being well played among several individuals. The more individuals to each position, the smaller the responsibility and the lower the organization of the game. The greater the number of subdivisions in each game, the greater the difficulty of playing it. Basket ball, for instance, is a somewhat highly organized game, for we have here, among five players of one side, three positions to be played. Two of the more difficult positions, i. e., forward and guard, have two players. Center being the least responsible position, is played by only one. When we come to football the number of subdivisions of a side increases. Yet we have for some of the positions two players. Football, while a highly organized game, is not the most highly organized. Baseball undoubtedly stands at the head of highly organized games. Nine different positions played, each one by only one player. Each one position demands a different style of game, asking of the player good eye, ear and touch, exact and steady motion, quick reaction, discrimination and good judgment, and no one to share the responsibility with him for the playing of his position. If a youth or man play good baseball, and play it so that he can

play more than one position on the team, he is very likely possessed of all of the above most desirable mental qualities. He has in his possession most formidable weapons to enter upon the strife of life with.

I do not wish to be understood as meaning that all games of one class are absolutely more difficult than the ones in the class preceding it, nor that all games of one class must be played first before proceeding to the next one.

No attempt has been made to classify the games as to their fitness to be played by either sex, that being left to the discretion of the teacher.

If games be well directed these benefits can be secured for all normal children. That it is highly desirable to secure them all, no one will deny. In order to make all children play as above pointed out, playing time, playing facilities, as locality and apparatus, are needed, but above all, one to direct the play of children and youth so that no harm and a great deal of benefit shall come from them.

If this booklet will help to throw some light upon the methods how to lead and teach playing children, it will serve its purpose. The games herein represented are not new nor original. They have been collected from various sources, a great many from the pages of "Mind and Body." The booklet possesses, therefore, no merit in the presentation of new games. If it has any merit at all, it lies in the classification of games.

I am still too busy to write books, and therefore had to avail myself of the help of others in order to publish this booklet. For compiling the games and assigning them their proper places in the different classes of our classification, I am indebted to Miss Annie Rennard Hughes, formerly my assistant at The Normal School of Gymnastics, but now of the Select Friends' School of Washington, D. C. The proof-reading and preparing for press, Miss M. S. Haupt, A. N. S. G., '99, has done. To the Freidenker Publishing Company, of Milwaukee, Wisconsin, my thanks are due for allowing me the use of such illustrations as appeared with games published in "Mind and Body."

E. H. ARNOLD.

New Haven,

April, 1901.



## I. WITHOUT PURPOSE.

12915-

### 1. HIPPIITY HOP.

The pupils form in line, one behind the other. At the word, to start, all follow the leader around the room, hopping on the left and right foot alternately.

### 2. SERPENTINE MAZE.

The girls grasp hands firmly, then follow the leader or head of the line easily, without pulling or jerking. The leader, who should be the strongest and most skilful of the girls, leads her line about the playground, through many turns and windings, in the opposite direction to her column, forms a loop by passing through under the upraised arms of two of the players, then remains standing while her column forms a spiral around her. This spiral is unwound by the last of the column starting and the others following her, or by the leader starting out from the center and leading her column back and forth through under the upraised arms of the followers.

### 3. OLD SISTER PHOEBE.

One impersonating the dame sits in a chair, the others, joining hands, form a ring and move around her slowly, chanting:

"Old Sister Phoebe, how happy was she  
When she sat under the juniper tree."

At the end of every chant a pause is made to allow one from those behind the sitter to withdraw and hide herself. This is repeated until the last has withdrawn. Sister Phoebe, whose sleeping had been soothed by the singing, awakens by the silence, rises, and looking anxiously around, calls loudly for her charge. At the call, all come running back with the joyous cry, "Heigh-ho! says Rollo."

## II. GENERAL IMITATION.

### 4. PLAYING CARS.

Each player is given some part of a train to represent (the engine, whistle, passengers, conductor, etc.). Being arranged in order, the engine leading, they march or run around, each imitating the part he represents, stopping at stations, etc.

### 5. PLAYING HORSE.

Several players represent horses and move around in imitation of them, while others, as drivers, have ropes attached to the horses or catch hold of some part of their clothing and drive them, imitating the various motions of a driver.

### 6. SKATING.

This consists simply in imitating the movements of skating, by sliding along the floor, singly or in two's or three's.

### 7. PLAYING BIRDS.

Each player imitates the flying of birds by moving around, waving the arms as wings. Two or three may group together, and form a nest, another represent the mother bird, and another the father, while the remaining players are young birds. The old birds go out and return with food, which they feed to the young ones, and so on, as the imagination of the players suggests.

### 8. THREAD AND NEEDLE.

All the players join hands and form a line. The two players at the ends of the line begin the game with the following dialogue :

A—"How many miles to Babylon?"

B—"Three score miles and ten."

A—"Can I get there by candle-light?"

B—"Oh, yes, and back again."

A—"Then open the gates as high as the sky,  
And let the king and his men pass by."

B, and the player next to him then raise their hands as high as possible, and the rest of the players, led by A, pass under the

arch thus formed. The dialogue is then repeated, B, being now the questioner and "threading the needle" in his turn.

This game may also be varied by having the players disperse over the playground as soon as they have passed under the two players' upraised arms, the latter pursuing them. The two first caught, then take their places at the end of the line to form the arch, and the whole is repeated. Played in this way the game is more one of judgment.

### 9. I WENT TO PARIS.

The players stand in a circle. The leader says: "I went to Paris and bought a pair of scissors," at the same time imitating cutting with scissors with the two first fingers. This continues on around the circle until all are imitating cutting. This continues while the leader says: "I went to Paris and bought a fan," fanning himself with his hand but still keeping up the cutting. This continues around as before until all are cutting and fanning. The leader then continues, "I went to Paris and bought a rocking-chair," rocking his body and continuing the others. This goes around the circle and so on as the leader chooses.

### 10. BUTTERFLIES AND BEES.



Butterflies, Butterflies, happy and gay,  
Where are you flying this bright summer day?  
We're sipping the honey from out of the flowers.  
We're busy all the long, bright, summer hours.

Busy bees, busy bees, happy and gay,  
What are you doing this bright sunny day?  
We're gathering honey from out of the flowers;  
That we may have food in the long winter hours.

This is a circle game. Several children are butterflies and others are bees. The butterflies fly with a half-circular movement of the arms, representing the opening and shutting of the



### III. SENSUAL APPARATUS.

#### I. SIGHT.

##### 12. CITY AND COUNTRY.

(SECONDARILY REACTION.)

The players are divided into two parties, who take their places opposite each other at a few feet distance, one side representing the city and the other the country. Each selects some occupation peculiar to what they represent, one showing theirs, while the other watches and tries to guess the occupation shown. As soon as it is guessed the side representing it must turn and run to their goal (a spot or line behind them previously agreed upon), while the guessing side pursues. All tagged before reaching the goal must take their places with the side catching them. If no one is caught, the same side represents another trade, otherwise the other side takes its turn at representing and the game continues as before. The side having the largest number of players at the close of the game is the winner.

##### 13. "BUTTON, BUTTON, WHO HAS THE BUTTON?"

The players standing in a line, side by side, pass from one to another a button, trying to conceal from the one standing in front who has it. He asks the question: "Button, button, who has the button?", at the same time naming the player he thinks has it. If he guesses correctly, he changes places with the one having it, if not he continues until he finds it.

A game similar to this may be played with a small ring on a rope. The players stand in a circle grasping the rope and pass the ring from one to another, the center player guessing as before.

##### 14. HIDE THE HANDKERCHIEF.

All the players but one leave the room, the one remaining hiding a handkerchief or other small object. When it is hidden the other players are called in to hunt for it, the one finding it hiding it the next time. The player who hid it may tell the other players of their nearness to it by calling "warm," when they are near it, and "cold" when they are away from it.

## 15. CHALK THE ARROW.

This is usually played in the city streets, one player running and trying to keep out of sight of the others who follow. The runner is given time to disappear around the first corner before the others start after him, and at every corner he turns marks (with chalk) an arrow pointing in the direction he takes. Those pursuing follow by the arrows, the first one seeing him being the runner for the next time.

This may also be played by having any number run and only one follow, the first seen becoming "it" for the next time.

## 16. GUESS BALL.

The players stand in a row. A leader stands a short distance in front of the line with back turned to the line. The players pass a hollow rubber ball to and fro in front of, or behind, them, while the leader counts ten. The player holding the ball when he says "ten" must throw the ball at the leader. If successful in hitting the leader, the latter quickly turns and tries to discover from the various attitudes of the players, who struck him. If he names the right one, this one exchanges places with him or her, and the game proceeds as before. If the leader guesses wrong, he must do it over again. If the thrower does not hit the leader, he must exchange places with him.

## 17. HARE AND HOUND.

Two or more persons representing the hares, and provided with a large quantity of scraps of paper are given a start of several minutes and run a certain length of time agreed upon before, then return by another route to the starting point, all the time scattering paper in their path. After the lapse of the number of minutes, handicap given the hares, those representing the hounds start in pursuit, following by the scraps of paper, (never leaving that path), trying to catch the hares before they reach the starting point in returning.

The handicap given the hares should be small, depending on the running abilities of the hares and hounds. The fastest runners are usually picked out for the hounds.

## 18. ANTE-OVER.

## (SECONDARILY ACCURACY OF MOTION.)

The players are divided into two parties who stand on opposite sides of a house. A player on one side throws the ball over the house. The members of the other party try to catch it. If unsuccessful, they pick it up and throw it over the house to the first party again. This continues till some one catches the ball, when the catcher runs around the house and tries to strike some member of the other party. The one who is hit, must return with his captor and belongs to the other party. The game is kept up till one party wins over all the members of the other.

## 19. WOLF.

Any number of children may play this game, which is a form of Hide and Seek. The game is commenced by "counting out," and the player chosen to be "it" is called the wolf. The wolf then hides, while the other players remain by the goal, which is usually a tree, stone, or other large object. About a minute is allowed the wolf in which to hide, and when the time is up those at the goal call out, "Coming! Say nothing." If the wolf is not ready, he cries, "No," and a little more time is allowed him. The players then commence a search for the wolf, and whoever is successful calls out, "Wolf," whereupon all run for the goal. The wolf dashes from his hiding-place and tries to touch any of the players as they hasten toward the goal. If he succeeds, the person or persons touched also become wolves and hide with him. The object of the game is to avoid being made a wolf. The play continues until all are wolves; and the first one caught by the wolf must be wolf in the next game. The wolf need not wait to be found, but may run out and attack the players whenever he thinks there is a chance to touch one of them. If the wolf can reach the goal before any of the players, he can frequently touch a great number of them as they come in. When he holds the goal in this way, one of the players generally tries to lead him off on a chase, thus sacrificing himself that the others may reach "home" in safety. If this is not done, the game may be blocked through the fear of the players

while the wolf is so near ; and it is, therefore, wisest for all to make a dash for the goal. The wolves may all hide in one den ; and any one of the players may remain at the goal instead of looking for the wolf, if he wishes to do so.

## 20. HIDE AND SEEK.

### (SECONDARILY REACTION.)

One player is chosen to be " it," and hides his eyes until he counts up to fifty or some number agreed upon, the others in the meantime hiding. When he has finished counting he calls, " Coming," and if anyone is not ready he answers, " No," and is given more time, otherwise the one who is " it " starts out to hunt the others. When he sees anyone he calls their name and runs and tags the base ; if, however, the person seen can tag the base first he is said to be in " free," and cannot be made " it " for the next time. The first one seen and tagged for, takes his place as " it " for the next game. At any time any player who has a chance to run and tag the base before the catcher can, may do so and thus be " free."

## 21. CURTAIN BALL.

### (SECONDARILY-REACTION.)

A number of players, up to about ten to each side, are stationed over each half of the play-space which is divided in the center by a curtain about eight feet high, thus hiding the players from each others' view. A basket-ball is tossed over the curtain, from one side to the other, and must be caught before it touches the ground. If not caught, it counts one point against the side making the miss. As the ball is not seen coming until above the curtain, the catching of it requires no small amount of alertness and quickness on the part of all the players.

## 22. THE SHEPHERD AND SHEEP.

### (SECONDARILY REACTION—DISCRIMINATION.)

A place large enough to hold all players is selected and marked by little stones, etc.; a stake, about a foot or so high and above ground, represents the gate of the pen. This gate is watched by the shepherd, who becomes drowsy and falls asleep,

the inclosed sheep meanwhile walking out and scattering in various directions to hide. The baaing of the sheep in the distance finally awakens the shepherd, who, seeing what has happened, quickly replaces his gate and runs forth in search of his flock. Espying a sheep, he returns to his post and taps the gate three times, calling the name of the player seen. Unless the sheep found should reach the pen first and pull out or hurl away the gate before the shepherd can reach and tap it, he must enter the pen. Any sheep from without, who can remove the gate without being caught, as above, frees all the sheep within the inclosure, the shepherd being required to first repair his pen, before again seeking his sheep. In case all sheep are caught, the first one caught exchanges places with the shepherd.

## II. HEARING.

### 23. FRENCH BLIND MAN'S BUFF.

A pupil, furnished with a wand and blindfolded, is standing in the center of a group of players, a circle. The playmates dance and hop around him, until he signals them to stop by tapping the floor with his wand. He points his wand at the players and asks a question, to be answered by the pupil pointed out, in a disguised voice. Should the blindfolded player recognize the voice, he is relieved by the owner thereof.

### 24. BLIND MAN'S BUFF.

One player is blindfolded and stands in the middle of the playground while the others scatter around. The player who is "it" tries to catch someone, following by the sound of their footsteps, whoever is caught becoming "it".

### 25. THE BLIND CHASE.



A stake about six feet long is driven into the ground. To the top of it are fastened by one end, two stout cords, from two to four yards long. Two players on opposite sides of the stake grasp the loose ends of these ropes. Both are blindfolded. One is the hunter, the other the game. When all are ready, the game howls, and

the hunter starts after it. The game attempts to evade the hunter by every means, but neither the game nor the hunter may let go the cord. This is continued till the game is caught, when two new players are chosen.

## 26. RUTH AND JACOB.

A number of boys and girls, standing in close order with hands grasped, form a circle. One player is within the circle. She is blindfolded and then turned around several times. She then walks forward and touches one of the boys. Should she fail to touch a boy the first time, she follows the circle or crosses it, till she has touched the boy. The boy, as soon as touched, enters the circle. The girl now calls out, "Where art thou, Jacob?" and the boy answers, "Here." Guided by his voice, she endeavors to catch him, and he attempts to evade her. She continues to call him and to try to catch him. He must always answer and evade her if possible. This is continued till he is caught. She must now identify him. (If she fails, she must begin again, touching another boy in the circle, etc.) This done, he is blindfolded and brings out one of the girls from the circle, to whom he calls, "Where art thou, Ruth?" The game can be continued thus as long as desired.

If there be no boys, a girl can take the place of Jacob, under the name of Sarah, or some other name.

## 27. FOLLOWING THE SOUND.

This is the same as Ruth and Jacob, except that there are no Ruth and Jacob calls, and the one pursued has a whistle. When the pursuer touches any member of the circle, the one touched calls out, "Fire."

## 28. EXCHANGE.

All the players but one, who is blindfolded and stands in the center, are seated on the floor in a circle. The center player calls the names of two players who must exchange places with each other, and tries to catch either before they reach their new places. The one caught is then blindfolded and the game continues as before.

## 29. "STILL POND, NO MORE MOVING."

One player is blindfolded and led out to the center of the playground. The others separate, trying to get as far as possible from the one who is blindfolded, who, after allowing them a short time in which to move, says, "Still pond, no more moving," after which each person is allowed to take twenty steps (or less) in order to escape from the blindfolded one, who tries to follow by the sound of the steps and catch them. The one caught, is then blindfolded and the game proceeds as before.

This may also be played by allowing no steps after the words, "Still pond, no more moving," and having the person caught recognized by the catcher feeling his clothing, etc. If the catcher does not guess correctly whom he catches, he must continue until a correct guess is made. The game then becomes one to educate the touch.

## 3. TOUCH.

## 30. "WHO ART THOU?"

A pupil standing in the center of a circle of players is blindfolded. The others run, and dance around him until he calls, "Halt." Then he advances until he touches someone, whom he must recognize by feeling his clothing, etc. If he guesses correctly, he takes his place in the circle, and the one touched is blindfolded in the center.

## 31. RING THE BELLS.

Two pairs of dumb-bells are crossed and placed on the floor in the center of a circle of players. One player, blindfolded and having in his hand a wand, stands also in the center. After turning around three times he feels for the bells with the wand, being allowed three trials—every touch of the floor counting as a trial. Whether or not he succeeds in touching the bells in three trials, the next player takes his place, and so on until all have tried.

## 32.

See second method of playing "Still Pond, No More Moving," under "Hearing."

## IV. ACCURACY OF MOTION.

### 33. BAG IN THE RING.

Three concentric circles are drawn, the largest about six feet in diameter. The players stand at a distance in accordance with their skill, and each throws a bean bag so that it will alight in the center circle or as near it as possible. If it alights in the center one, it counts twenty points; in the next larger, fifteen, and in the largest, five. If on a line, it is counted as being in the next larger circle. The player scoring the largest number of points in a given number of trials or a certain length of time wins the game.

A similar game may be played using dumb-bells, which are rolled along the floor.

### 34. SACK GAME.

Make a board 2x3 feet in size, with an opening six inches square in the center, mounted by a strip of wood about three inches wide, the board to be held in a slant position by a support in the back. The players, provided with bean bags about four inches square, throw, hurl or thrust the bag from a distance agreed upon. Bags passing through the center score ten points; bags landing on the top of the board score five points, and bags landing on the floor diminish the score by five points. Bags displaced count for the owners as they fall. Score 100.

### 35. ROLL BALL.

Players form in a circle with hands grasped. A starter stands in the center and tries to kick the ball so that it will roll, but not leave the ground and pass through between two members of the circle. These roll it back. This continues till the ball goes through, when the player on whose right side it passed, exchanges places with the center player.

### 36. LEADER BALL.

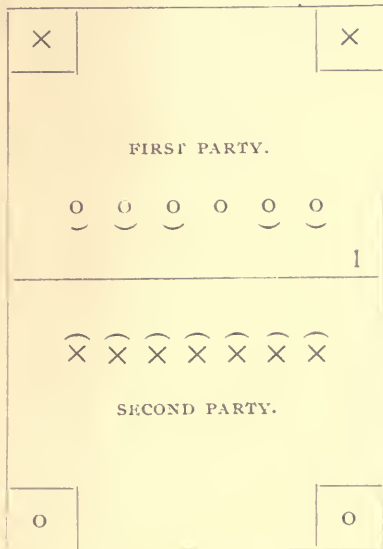
The players form in a straight line side by side, one standing in front with a basket ball. This is thrown by the leader to

the first in the line, who throws it back to the leader, by whom it is thrown to the second and so on down the line. If anyone misses it, he takes his place at the foot of the class. If the leader misses twice, he takes his place at the foot, and the one then standing at the head becomes leader.

### 37. TREE BALL.

This is similar to "Pussy Wants a Corner," but is especially adapted to be played in the woods. Trees are chosen for all players but one. Each player being beside the tree chosen, the one left over, kicks a football so that it shall strike one of the players at the trees. These may move around the trees, but must not get beyond arm's reach of them. If a player is struck, places are exchanged with the former kicker. The kicker may at any time shout, "Change places," when each player must exchange with some other. The kicker tries to gain one of these places. If successful, the one losing a place becomes kicker.

### 38. CORNER BALL.



A space about thirty feet long and twenty feet wide is needed for the game (see figure). A line (1) divides this into two equal parts. At each corner is a base. Each party forms in a straight line about eight feet from the line. Two members of each party take positions in the bases on the other side. Number One, of the first party, then throws the ball over the heads of the second party to one of his fellows on either of the bases. If he catches it, he throws it back. The opposing party tries to intercept the ball and,

if successful, gains one point. The play then continues, the other side throwing the ball. The rules of the game are :

1. The members of each party may move about freely in their space.

2. No member may cross the line.

### 39. PROMOTION.



The players, seven in number, place themselves in a circle about two paces apart. Each one stands in a small circle marked on the floor with chalk. (See cut.) In each space is written one of the following words: 1, General; 2, Colonel; 3, Captain; 4, Lieutenant; 5, Sergeant; 6, Corporal; 7, Private. The persons occupying the circles bear the titles written

therein. The General has a ball which she throws to someone in the circle. If the person to whom it is thrown catches it, she returns it to the General, who throws it again to someone in the circle. If the ball is not caught, the player who misses it must pick it up and bring it back. At the same time all players in the circle step backward two steps and then return into the circle, trying to get a higher position.

### 40. BUTTONS.

A shallow hole is dug in the ground, and each player stands twelve feet away and tosses a button toward the hole. When all have tossed, the player whose button is nearest to the hole, has first chance to put the other buttons in the hole by striking them with his thumb. All buttons thus placed belong to the player, but as soon as he misses, the person who was next best in the first tossing, takes his turn. In striking the button the hand is held stiffly, the thumb being extended, and the motion being made with the whole hand.

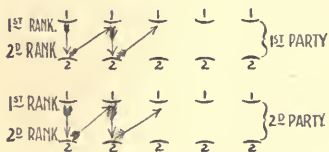
## 41. TOSSING WANDS.

The players stand in two lines facing each other, those on one side, each having a wand. This is thrown to the person opposite and returned in the same way. The distance between the lines may be increased to make the game more difficult, or the ones who throw, stand with their backs to those opposite and throw backward over their heads. The latter may be done with the players standing in a circle and using only one or more wands.

## 42. CHASE BALL.

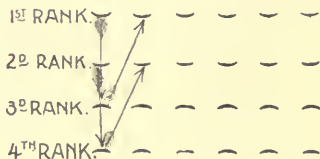
1. The players are divided into two parties. Each party then arranges itself into two ranks facing each other. The ranks are from two to five paces apart, as space will permit, and the two parties are two or three paces apart.

The ranks in each party are numbered one and two. All being ready, a ball is given to the first member of rank one in each party. She throws to the member of rank two, just opposite her, who throws it to the second member of rank one, and so on. When the ball gets to the last member of the party, it is returned to the first member by



the same zigzag path. The party which returns the ball to the first member first, wins the game. (See figure.)

2. The players are arranged in four ranks, numbered 1, 2, 3 and 4. (See figure.) Ranks 1 and 2 face ranks 3 and 4. Ranks 1 and 2 constitute one party, and ranks 3 and 4 the other. Hence, the ball must be thrown over one rank each time. Otherwise the game is like No. 1.



3. The players form a circle facing inward. Each half of the circle constitutes a party, as shown in cut. Otherwise the game is the same as before.



4. The two parties form separate circles, the one within the other. The inner party faces outward, the other party faces inward. Two balls are used by each party.

5. The parties form separate circles and the ball must pass around the circle three times. The party which first accomplishes this, wins.

#### 43. WANDER BALL.

This is similar to Chase Ball (No. 42) but parties are not formed. The player who first succeeds in catching the ball twenty (or any other given number) times, is winner. This is made more interesting by singing some children's song along with it, such as, "All the birds have come again," or any other suitable song, the ball being thrown at the time suggested by the song.

#### 44. AIMING AT CLUBS.

The players stand in a front rank with several feet between the members. In front of each, in accordance with the average skill of the players, is placed one club. Each player being provided with a bean bag throws it at the club in front of him, trying to knock it down. The player doing so the greatest number of times, is the winner.

This game may also be played by having two clubs placed close together, and the players try to throw the bean bags between them without hitting the clubs. The distance between the clubs and the players and between the two clubs, may be varied to increase or decrease the difficulty.

#### 45. CATCHBALL.

This game may be played in a variety of ways.

(A) 1. Each girl is given a ball. The teacher or leader fixes a definite number of times that the ball is to be caught.

At a given signal all players throw up their balls and catch them again, with one or both hands, as rapidly as possible. The one who gets through first, without having dropped the ball, is the winner.

2. Players are arranged in ranks and the ball throwing is done in time.

(a) Throwing and catching with both hands.

(b) Throwing and catching with one hand, i. e., throwing with right hand and catching with left and vice-versa, or throwing and catching with right and left hand alternately.

(c) Throwing with one hand, catching with both hands, wrists together at height of shoulder.

(d) Throwing with one hand, catching with two hands, wrists crossed.

(e) Throwing and catching in semi-circle. The ball is thrown with the right hand over the head and caught with the left hand, and vice-versa. The arms are extended sidewise.

(f) The ball is thrown upward with the right hand, crossed under the left forearm and caught by the same hand.

The winner is she who continues longest without dropping the ball. A player missing the ball steps out.

The exercises may follow alternately or be combined with rising on tip-toe, bending knees, and other leg exercises.

(B) Throw a ball upwards, calling on a playmate to catch the same. Throw a ball upwards under the right leg, left leg; upwards with the right hand under the left leg, and vice-versa. Throw a ball upwards in front and catch in the rear; upwards in the rear, catch in front; with the right hand over the right shoulder, from the rear; left same. With the right hand over the left shoulder from the rear; left hand over right shoulder catching with same, or other hand.

(C) Form a circle "in front" (pupils facing the center player), double arms' length distance between pupils. Odd pupils (and even pupils alternately) toss a ball to each other sideward, left or right, and over the heads of the even pupils, the center player endeavoring to get the ball in case of a "miss" and exchanging places with the pupil who missed the ball.

Form a circle "in flank" (pupils behind each other—left or right flank toward center), arm's length between pupils. Toss the ball overhead, bending backward, toward next pupil, or, as above, to odd pupils. The center player exchanges places upon securing the ball, as above.

(D) 1. This is played at the side of a high unbroken wall. The players stand in a line. The first one throws the ball three times, catching it as it rebounds. The next now does the same thing, and so on till all have done so. The first then begins anew, throwing it six times, and so on. At each time that her turn comes again she throws it twice as many times as before, until she reaches ninety-six, or such other number as is agreed upon. Any player missing the ball must begin with three again when her turn recurs. This is continued until one of the players reaches the number agreed upon, who then is the winner.

2. The first player throws the ball while the second, standing behind her, catches it and throws it against the wall again for the first one to catch. Otherwise this is the same as 1.

#### 46. RING BALL.

This is played with a tennis ball, which is thrown through a ring about ten inches in diameter suspended at a height of about five or six feet. The object is to see how often this can be accomplished.

#### 47. RING TOSSING.

Two players stand facing each other at a distance in accordance with their skill, one holding a wand, or wooden foil, on which he catches the wooden rings which the other player tosses to him. Rings about six inches in diameter are used, and must be thrown so that they will go through the air horizontally. The players take turns at throwing and catching.

#### 48. RUNNING THROUGH HOOPS.

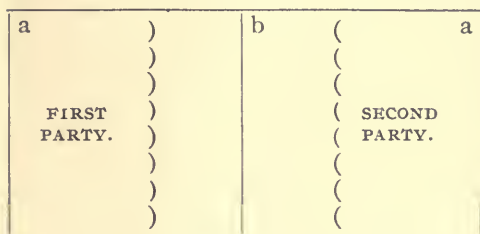
Each player is provided with a hoop, which he rolls, at the same time running along at the same speed as the hoop and trying to run through it without stopping its rolling. This may be done several times in succession, but care must be taken to run through in the direction the hoop is rolling, and not at a right angle to it.

## 49. HIGH BALL.

The players form two parties with a distance of about forty feet between them. A ball is thrown by a member of one side high into the air to the other party. If it is caught, it counts one for that party. It is then thrown back to the first party. This continues until one party has gained twenty-five catches, when the game is won.

## 50. BOUNDARY BALL.

The players are arranged as shown in the figure. The length of the space is about thirty paces,  $a$ ,  $a$  being the outer



boundaries and  $b$  a center line. The two parties stand at a given distance, say ten paces, from the center line. A member of the first party throws the ball. The members of the second

party catch it, or stop it if rolling. All members of the second party then advance or retreat so that the line shall cross the spot on which the ball was caught or stopped. The catcher then throws the ball back to the first party. This continues till either party succeeds in passing the ball across the outer boundary of the other party.

## 51. FEATHER BALL.

Each player in this game must have a racket. (As tennis rackets are somewhat expensive, and these games may be used in places where expensive apparatus is unobtainable, a suggestion in regard to making of usable rackets at small expense may not be out of place. Get some stout canvas cloth. Make a bag as large as the racket is to be. Bend a willow stick or a strong piece of spring wire and put it into the bag, letting the ends project. This will keep the bag tightly stretched. Bend the protruding ends of the wire and wrap with a cord for a handle.)

As the game is somewhat difficult, it is well to begin by playing in pairs, the players driving the ball back and forth with their rackets and being careful not to permit it to fall to the ground or to touch it with their hands. The ball should be so struck that it will move in a graceful upward curve. When sufficient skill has been acquired by practice, the game may be played as follows :

(a) The players form in a circle at a distance of about six feet from each other. The first player strikes the ball, sending it to her left hand neighbor, who catches it on her racket and sends it on to the next. Anyone failing to catch the ball must pick it up and has made one failure. This is continued till the ball has gone around a definite number of times, when the one who has the least number of failures is declared winner.

(b) Arrange in two rows about twenty feet apart, the players in each row being about six feet apart. The first one in the first row sends the ball to the first one in the second row, who sends it to the second one in the first row. When the last one gets it she starts it back, and it is kept moving in the same zig-zag paths till it returns to the first player.

(c) This differs from " b " in the use of several balls instead of one.

(d) In this each player has two rackets, one in each hand, and uses either one at will. Otherwise the game is the same as " c."

## 52. BOX BALL.

The players form in two straight lines about twenty feet apart. Midway between them are placed several boxes on which are placed large balls. The first one on one side throws a small ball at the nearest large one. If successful in hitting it, the first on the other side picks up the ball and throws it in the same way. This continues until someone misses hitting, when the leader of the opposite side has the privilege of choosing any player from the missing side, who then crosses to the other side. The other players in the lines then throw in turn and the game continues until all on one side have gone over to the other.

## 53. STAIRS BALL.

This is played with a small rubber or golf ball, which is thrown against the upright portion of the lowest of a flight of four or five stairs and caught on the rebound. This is continued on each step until the highest is reached, and then down again to the first. When this has been completed without a miss in catching or bounding the ball, it is repeated, bouncing the ball twice against each step, then three, four times, etc. Any player on failing to bounce or catch the ball gives place to the next one, and when his turn comes again starts where he failed before.

## 54. BAG PASSING.

(a) Place one bag on each front desk. At a given signal the occupant of the front seat passes the bag to the pupil behind him, who passes it on to the next, and so on till it reaches the end of the row, when it is returned the same way. The row which returns the bag to the front desk soonest, wins.

(b) Same as above, but bags are supplied to all members of one end row, and passed sideward and back again.

(c) Instead of passing one bag, pass several in immediate succession. Bags should be passed from hand to hand and not thrown.

(d) Place on the front desk of each row as many bean bags as there are seats in that row. At a given signal the pupil in the front row rises, places one of the bags on the desk behind him, gets another, places it on the next desk, and so on, carrying one bag at a time till all are distributed. The one finishing first is the winner. The pupils occupying the second seats in the different rows return the bags, one at a time, to the front desks. The first one to finish is the winner. This is continued till each row has had a chance.

## 55. LEAP FROG.

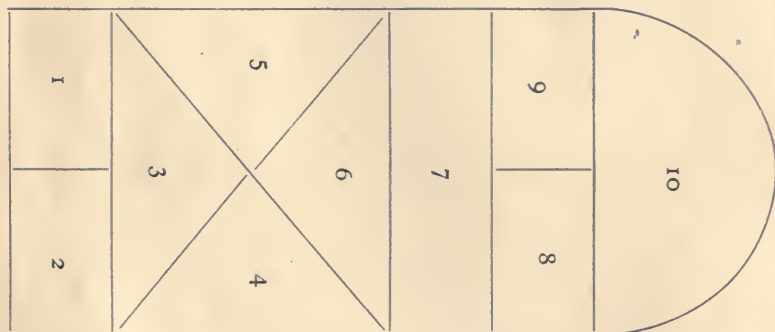
This may be played by any number of players, one of whom assumes a stooping posture with his hands resting on his knees. The others, who stand behind him, leap over him with legs straddled, resting their hands lightly on his shoulders. As each

goes over he assumes the same stooping posture as the first, a foot or two in front of the preceding player. When the last has leaped over, the one who stooped first stands up and leaps over the line of stooping players. As soon as he has passed over the one in front of him, that one leaps over the next, and so on until all have done so.

### 56. MUMBLE THE PEG.

This game consists in a trial of skill in throwing an open penknife into the air through various evolutions and making it fall with point foremost and stick in the ground. The one who first completes the series of movements successfully is the victor, and placing the sharpened end of a short peg on the ground, drives it down as far as possible by holding in his hand the blade of the knife and hammering with the handle the number of strokes (usually three) agreed upon. The other with his teeth must draw out the peg.

### 57. HOP SCOTCH.



A figure like the above is drawn on the floor or on the ground and also a line a few feet from its base line. One player stands on this line and tosses a small stone into division 1, then hops into 1 and kicks the stone out. It is then thrown into No. 2. The player jumps, resting one foot in 1 and one in 2, then hops and kicks the stone from 2 to 1 and then out. So he continues until 10 is reached, straddling the line between 1 and 2, 4 and 5, 8 and 9. In all other places he hops directly into the

court. If the player fails to throw the stone into the right division, or to kick it into the right one, or leaves it on the line, he is out, and the next one takes his turn.

### 58. TIP CAT, OR "NIP."

This is played with a stick about five inches long and one inch in diameter, which is shaped to a point at one end, also a larger stick about two feet long with which the smaller is hit. One player stands at the goal and throws the smaller stick into the air, striking it like a ball before it reaches the ground. Any player may pick it up and throw it as near the goal as possible, the striker trying to prevent its lighting near the goal by striking it with his stick. He then nips it from where it landed by striking it on one end and sending it as far as possible from the goal. He follows it up and nips it again in the same way, and so on, having three strokes or nips. After the third, any player may pick it up and throw it towards the goal, which the striker does not now protect. If it alights within once the length of the longer stick from the goal, the one who nipped it is out, and the thrower takes his place, the game continuing as before. If, however, it is farther away than once the length of the stick, the one nipping, measures off the distance with his stick and then nips three times, and so on as before.

When the sum of the number of stick lengths it alights from the goal equals fifteen, the player nipping is out, and the next takes his turn.

### † 59. STRADDLE BALL.

(SECONDARILY—REACTION.)

This is played with a basket ball. The players form a circle facing inward and have their feet straddled, touching those of their two neighbors. One player in the center tries to pass the ball out of the circle between the feet of some of the players, which the latter try to prevent with their hands. The one between whose legs the ball passes takes his place in the center.

### ✕ 60. MEDICINE BALL.

(SECONDARILY—REACTION.)

The players stand in two files, with a distance of about two yards between the members of each. At a given signal those

in front start a medicine ball rolling backward between the straddled legs of the players behind, each of whom gives the ball a new impetus. When the last player of each side gets the ball he runs forward with it,—while the others move back one space,—and sends it on its backward journey again. This is repeated until the original front player has again gained his place in front, when one round of the game is ended. The file getting through first wins.

This may also be played with a club, instead of a medicine-ball, which the players slide along the floor.

#### 61. DUMB-BELL RACE.

(SECONDARILY—REACTION.)

This is best played where there is a running course of about one hundred yards. In the middle of each course is placed one dumb-bell, which the runners must pick up while running at full speed and carry with them to the goal. If the bell is dropped, or fumbled, it must be picked up before the runner can proceed. Having reached the goal, the runner returns, placing the bell where it was picked up from, then continues to the starting point.

This is more difficult if the ball is placed in a circle about one foot in diameter, in which it must be placed on the return, before the runner can continue.

#### 62. NUMBER BALL.

(SECONDARILY—REACTION.)

The center player of a circle tosses a ball to his playmates a number of times agreed upon—four, six, or eight times. Upon the last return toss, the players scatter, the center player trying to hit someone with the ball before they can get too far away from him. The player who was hit exchanges places with the center player.

#### 63. DODGE BALL.

(SECONDARILY—REACTION.)

Of any even number of players—boys or girls—half of that number form a circle, while the other half stands inside of the ring (center), facing outward. Now, the game for those in the

center is to dodge the ball which, while in play, is thrown by any of those forming the circle with the intention of striking the center ones out. Every time a member is put out he in turn takes his place amongst those of the circle, and, although out, should the ball come his way, he has a chance to strike at those remaining in the center. This arrangement keeps all taking part busy. Only one is put out at a time. This being kept up until finally only one is left, who is respectively titled King or Queen, after which the players exchange places, i. e., those who were in the center now form the circle.

NOTE.—If the touch is preceded by a bound of the ball it does not count.

#### 64. THE CAPTIVE BEAR.

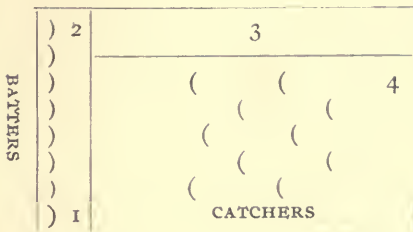
(SECONDARILY—REACTION.)

One player takes the part of a bear, crawling around on hands and knees, being held by a rope around his body, or in his hand, by another player, who is his keeper. The remaining players stand around in a circle, striking at the bear with knotted handkerchiefs. The keeper tries to tag someone without letting go the rope by which he holds the bear, anyone so caught becoming keeper. If the bear can tag anyone, that person then becomes bear.

#### 65. GERMAN BALL GAME.

(SECONDARILY—REACTION.)

This is an outdoor game, requiring a space about fifty paces wide and eighty paces long. Across one end a space about ten paces wide is marked off. At the back of this the batters stand



in line to await their turn. (See Fig.) At (1) is the pitcher's place, while the batter who bats first takes his place at (2). The catchers occupy (4) and face the batters. When all is ready the pitcher tosses the ball to the batter, who strikes it and then quickly

hands the ball to the next in turn and runs to the farther end of

of (3) and back as quickly as possible. The catchers try to catch the ball. If they succeed, it counts one for them. If the ball is not caught, the one who picks it up throws it at the runner. If the runner is hit, it counts one for the catchers. If the runner is not hit, and the ball not caught, the batters (or runners) gain one point. The second batter now comes forward. This is continued until the catchers have scored three points, when all players change places, the batters becoming catchers, and the catchers becoming batters. This is continued till one of the sides has gained twenty-five points, when the game is won.

## 66. HAND FOOT BALL.

(SECONDARILY—REACTION.)

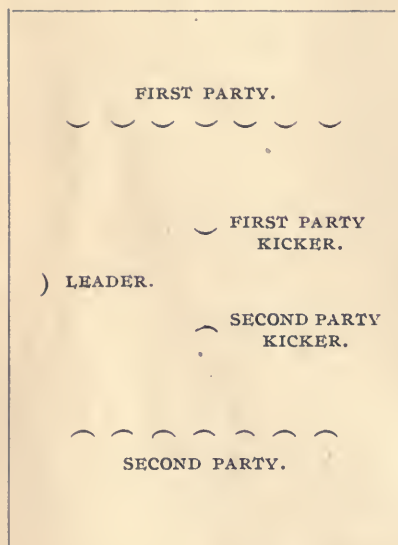
The space for this game should be fifty feet long and about twenty feet wide. The players are divided into two parties.

Each party forms in a straight line ten feet from the end of the play space. Each party has one kicker who takes a position ten feet in front of the middle of his party. The teacher or leader stands at the middle of one side of the space to start the game and to serve as umpire.

The leader throws the ball so that it will alight between the kickers. These attempt to kick the ball over the heads of the other party. When successful, a game is won.

The players in line must

not kick the ball, leave their places, or grasp the ball, but must try to prevent it from passing over their heads by striking it back with their hands.



## 67. PASSING DUMB-BELLS.

(SECONDARILY—REACTION.)

The players form in two front ranks facing each other at a few feet distance. At one end of each line, in reach of the first player, are piled up several pairs of dumb-bells. At the command "Go," the first one of each line picks up one bell in the hand nearest it, and taking it in his other passes it to the nearest hand of the person next and so on down the line. The others are then passed in the same way in quick succession until all have been passed and placed on the floor at the other end. When the last bell has been placed on the floor all must immediately be passed back in the same manner, the object being to see which side can pass the bells down and back again in the shortest time, that side winning. Each bell must be passed to every person in the line, skipping no one, and being grasped in one hand must be transferred to the other for passing.

If a bell is dropped, the player dropping it must pick it up in the hand which dropped it and pass it on before he can pass the next one.

## 68. TARGET BALL.

(SECONDARILY—REACTION, JUDGMENT.)

Goal-lines are drawn at each line of the playground, all the players but one taking their places on one of these lines. One stands midway between the lines with a basket ball which he throws at the others as they run to the opposite base. Any player is allowed to dodge the ball, but if it touches him at all he exchanges places with the thrower. After once starting out no player can go back to the base from which he started, but must continue to the opposite goal.

## 69. DUCK-ON-THE-ROCK.

(SECONDARILY—REACTION, JUDGMENT.)

The playground for this game consists of an open space about 20x40 feet in size, in the center and running parallel with the short sides of which are marked the goal and the "duck-perch,"

both about 20 feet apart. The duck-perch is placed opposite the center of the goal-line.

Players—any number from 6 to 20—are provided with “duck-stones” of a size easily handled and hurled from goal-line to duck-perch. Any hard stone of the size of a baseball or a little larger will answer the purpose. The duck-perch is a large rock about a foot square and high, with a round-top surface to enable the players to easily distinguish the “duck-on-the-rock” placed upon it.

The play is begun by forming on the goal-line, from which position the players, at a given signal, hurl their stones toward the perch. The player whose stone lands farthest away from the perch becomes “duck-guard” and places his stone upon the perch. This stone is the “duck-on-the-rock.” The other players, in the meantime having regained their duck-stones, align on the goal-line for the opening of the game.

The object of the players now is to displace the duck-on-the-rock by accurately aiming their stones at it and to regain the goal-line before they can be caught by the guard, who must replace his duck on the perch each time it is displaced, before he may catch the respective player or players who displaced it.

To avoid too much confusion in the beginning, as well as accidents, it is well for the players on the goal-line to play, one at a time, from or near the center of the line.

Players who have had their turn at the duck-on-the-rock, but missed displacing it, and whose stones have landed in such a way that they cannot safely regain them without being caught, must await a favorable opportunity to run “home”—i. e., when some other player has displaced the duck-on-the-rock. During such interval they must remain well outside of the “put-line” and not touch their ducks. If the guard detects a player touching his stone, he may attempt to catch him. Again, if players find that they cannot regain their ducks by picking them up, they may attempt to push or kick them toward the goal-line, provided, however, they touch the goal-line after such attempt, the guard always being on the look-out for such players.

The object of the players on the goal-line is, of course, to keep the guard at the rock and to insure as many “home runs”

as possible by displacing the duck-on-the-rock, thereby "freeing" the players in the field.

The play is most interesting when played by not too large a number, it frequently occurring that all players are in the field and in close proximity to the guard, when attempts to make the goal-line will require adroit playing and lively running. "Touches" (catches) count outside of the goal only.

If the guard at any time during a play or run should fail to notice that his duck is "off," all players advise him by calling out "Duck's off."

Players caught before reaching the goal-line, always provided the guard's duck is on the rock, exchange places with him.

The game can also be played in the following way :

The guard, upon catching a player, may be required to say, "guard duck" to make his play count. If the player caught, however, can shout "double duck," before the guard makes his challenge, both players can occupy the perch, each guarding his own duck. In like manner four guards can be secured upon failure of the original guards to cry out first, "Guard duck."

Players having practiced in this game need not be restricted to toeing the mark to hurl their stones, but can play immediately upon reaching the goal-line, always taking precautions not to hit any of the players in the field.

## 70. TIP UP.

One player standing in the center of a circle of players throws a ball up into the air, and the players in the circle endeavor to catch it as it descends. The successful one changes places with the former thrower and the play continues as before. When there are many players several concentric circles are formed. The inner circle, after having its chance, forms on the outside and all players take one step forward.

## 71. BOUND BALL.

(SECONDARILY—REACTION, JUDGMENT.)

The players divide into two equal parties and take their places on both sides of a line marked on the floor, at a distance of about five paces from it. The players on each side group

themselves in such manner that each has a space of about five feet square to move in. The leader of the game takes his place at one end of the center line. A score-keeper is at the other end. The leader throws a rubber ball into the midst of the players so that it will rebound. The player nearest the ball strikes it from above and this is continued by him or other players throwing or catching the ball; he cannot throw to center and must throw to some baseman on his side. If the center is so thoroughly blocked that the ball cannot reach him, a point may be scored by passing the ball from base to base (*a* to *e*) in their respective order.

## 72. THE FRUIT BASKET.

The players form a circle with one in the center. Each having been given the name of some fruit, the center player repeats quickly three times the name of any fruit, the person bearing that name saying it once before the leader has finished; anyone failing to do so becoming leader. At any one time the leader may say, "The fruit basket upset," when everyone must change places, the leader trying to secure one, and the player left without one becoming the next leader.

## 73. WRESTLING CIRCLE.

(SECONDARILY—REACTION, JUDGMENT.)

Four or five clubs are placed in the center of a circle of players who grasp hands and by pushing and pulling try to make someone upset one or more of the clubs. The player doing so leaves the circle until the next one drops out, when he returns to his place. This may also be played by placing a low stool in the center, and, by pushing and pulling in the same way, make someone sit down on it.

## 74. DRIVING THE PIG TO MARKET.

(SECONDARILY—REACTION.)

All the players but one, who represents the farmer, form a circle, each player being furnished with a wand, the end of which he places in a small circle drawn on the floor in front of

him. The farmer stands outside the circle with a wand and a basket ball (the pig), which he tries to drive, by striking it with his wand, into the market (a circle in the center of the circle of players). The duty of each player is to guard, by striking with his wand, the opening at each side so that the ball may not pass through, and if it does, to keep the farmer from knocking it into the center circle, or market. If he succeeds in placing it in the market all the players must change places, and he tries to get someone's place by placing his wand in their circle when theirs is not in it. The person left without a place then becomes the farmer. At any time during the game if the farmer or any player sees a vacant circle he may claim it by placing his wand in it, which is a signal for all the others to make sure of a place, the one being left without becoming leader and starting the game anew.

#### 75. FIST BALL.

(SECONDARILY—REACTION.)

A line is drawn across the center of the playground and the players divided into two equal divisions. On each side of the line, scattered over the ground equally, stand the players. The leader on one side strikes a basket ball with his fist from underneath, sending it into the air and across the line to the other side, which returns it in the same way, and so on, back and forth, the ball being kept in the air by being struck from underneath. If the ball touches the ground, it counts one point against the side on which it touched. A time limit may be set to the game or a certain number of points against a side cause them to lose it. The ball may be struck only with the fist, its being caught or struck otherwise counting against the side doing so.

#### 76. CLUB CIRCLE.

(SECONDARILY—REACTION.)

A circle is formed by all the players but one, who takes his place in the center and tries to protect a club which is placed there from being knocked down by a basket ball, which the other players kick at it. If the player protecting it upsets it,

he loses his place to the next in line. If it is knocked down by the ball, the one who kicked the ball takes his place in the center. The ball should be kicked with the side of the foot and along the floor.

## 77. CLUB GAME.

(SECONDARILY—REACTION.)

The players are divided into two parties and take positions in front ranks, facing each other at about forty feet distance. A center line is drawn midway between the two parties, over which neither may pass. Each player is provided with one club, which he places on the floor behind him, also with a bean bag. The object of the game is to knock down the clubs of the opposite side by throwing the bean bags at them, each player at the same time protecting his own. Every club knocked down, whether by an opponent or accidentally by the owner, counts one point against the side it is on and must be set up again before the owner can continue to play. The side having the fewest number of points against them at the close of the game wins.

A variation of the above is to allow the clubs to remain down when knocked over, the object now being to see which side can longest keep all their clubs from being knocked down.

When a player leaves his place to throw or to get a bag, any of his side are allowed to protect his club, if necessary, but he must return as soon as possible.

## 78. TETHER BALL.

(SECONDARILY—REACTION.)

A ball is suspended by a cord from the top of a pole about ten feet high, so that it hangs about four feet from the ground. About six feet from the top a line is marked around the pole. The players are divided into two parties. The first ones of the two parties come forward and take their places on opposite sides of the pole, standing on a circle drawn around the pole about six feet in diameter and inside of which they cannot step. Each has a tennis racket, with which he tries to wind the cord around the pole, until the ball touches it above the six-foot line. The

first player strikes the ball so as to wind it to the right, the opponent then strikes it quickly trying to reverse its direction, and wind it about the pole to the left. The players take turns in striking and the one who succeeds in winding the cord around the pole until the ball touches above the line wins. The defeated player steps back and his place is taken by the next one on his side, who has the first chance to strike. This is continued until one side or the other wins. This is best suited for not more than eight players. A tennis ball with a knitted or woven cover is usually used for this game.

79. MARBLES.

|              |                      |
|--------------|----------------------|
| 80. BOWLING. | } See printed rules. |
| 81. CROQUET. |                      |
| 82. GOLF.    |                      |

83. BALL RACE.

(SECONDARILY—REACTION AND STEADINESS OF MOTION.)

Any number of players start, as in any race, holding one arm extended at full length in front of them, or at the side, shoulder high, and holding in the palm a small ball—a rubber handball is a convenient size. The players run to a fixed goal and return, keeping the arm and hand fully extended. The one returning first without having dropped the ball or violating the rule requiring the arm and hand to be fully extended wins the race.

This may also be played carrying a glass of water in the hand and trying not to spill it.

## V. STEADINESS OF MOTION.

84. HAB-ENI HAN.

To play this game it is necessary first to make the target. To do this take a sheet of paper about three feet square, or less, —wrapping paper will do very well, or even an old newspaper,—and draw upon it with common writing ink twelve concentric circles at equal distances apart. This can be done by driving a

tack or large pin in the center of the paper, tying a string to the tack and a soft lead pencil to the other end of the string.

When you have thus drawn the twelve circles, you can go over the pencil lines with ink, and number the spaces between the lines, tack your paper to a drawing-board, bread-board, or any flat wooden surface, and your target is complete.

Let each player furnish himself with a dozen pins thrust through bits of cardboard or paper, upon which is written a number or initial different from those of the other players, and also with a catapult, blow-gun, small bow and arrow, or dart.

Standing off at whatever distance is agreed upon from the target, each player in turn discharges whatever missile is used in the game, at the target, and he sets one of his pins in the circle he strikes.

If he hits one of the black lines, he loses his turn, but if he does not strike the target at all, he is out of the game.

After the first shot a player can either remove a pin already placed into the circle he has last struck, or set another of his pins in it, or, counting from where any one of his pins are stuck, can move that pin as many circles toward the center as is indicated by the number of the circle he has struck.

If this brings him to the center and leaves something over, he can use the remainder to place a new pin or carry another forward.

If while one player has a pin in a circle another player can place two pins in the same circle, the latter captures the pin already there and removes it.

If, however, a player strikes a circle already occupied by two pins, he does not lose his unless a third pin other than his own can be stuck in the same circle.

The circles are numbered from the outside to the center. The game consists in a specified number of points, generally from 25 to 50, if two are playing, or more, according to the additional number of those engaged in the game. When one of the players has no more pins on the target the game is ended.

Each player counts the number of his pins which have reached the center, and the number of pins he has captured, and he who has most adds to his the number of pins left in the target.

It is an exciting game when two players have each a pin in the same ring, and each pin is getting nearer the center; the apprehension and interest increase with the danger that, having so many pins behind, one of the other pins may by a lucky shot capture his.

The aim of the players is threefold—to protect his pins by getting more than one in the same circle, to gradually win his way toward the center, and be constantly on the alert to take his opponent's pins.

As the taking of one of the pins counts for as much as getting one of his own home, it is advisable to use every endeavor to capture the enemy's pieces, and this is done by keeping his pins behind them, so as to be able to take any advantage that may offer.

### 85. CLUB RACE.

(SECONDARILY—REACTION.)

Rows of from four to six clubs are placed on the floor, the clubs in each row being several feet apart and at equal distances. At one end of each row is drawn a circle about two feet in diameter. The contestants stand at the other end ready to grasp the first club. At the command "Go," all grasp the nearest club, run and place it in the circle, then return for the next, and so on until all are in the circle. The one completing this first wins the race.

If a club falls down, it must be set up before another can be brought in.

This game may also be played the reverse of the above by having the clubs in the circles at the start, and then taking one by one, place them at equal distances.

Bean bags may also be used in both the above ways, but the element of steadiness of motion is then lost.

### 86. ROLLING HOOPS.

(SECONDARILY—ACCURACY OF MOTION.)

Wooden hoops from three to five feet in diameter are used and rolled by the use of a short stick or by the hand.

- |                |                      |
|----------------|----------------------|
| 87. ARCHERY.   | } See printed rules. |
| 88. BILLIARDS. |                      |

## VI. ACCURATE IMITATION.

### 89. FOLLOW THE LEADER.

One player is chosen as leader, and at the head of a line of players leads them around, in and out, over obstacles, running, hopping, and doing various evolutions, each player following the movements of the leader as exactly as possible. Anyone not following becomes leader.

A variation of this is to have the leader stand facing the line of players and do various movements of any part of the body, the others following as rapidly and accurately as possible. Anyone failing to follow must take his place as leader.

It may also be played by each player having one club which he must place in the same position (at the side, in front, etc.) as the leader places his.

### 90. ADAM HE HAD SEVEN SONS.

The players stand in a circle singing :

“ Adam he had seven sons,  
Yes, seven sons, Hurrah !  
They didn't eat, they didn't drink,  
But ever thus did they.”

The leader then calls at random on someone to show what they did, and he responds with any movement (nodding the head, hopping, or something similar,) and the others imitate him, repeating the song. Another player shows the next movement, and so on.

### 91. THE SCULPTOR.

One player, the sculptor, stands in the center of a circle of players. She places each of the players in a particular position, for instance, kneeling or with hands upraised. When all are placed to her satisfaction, she says, “The sculptor has gone out,” and leaves the circle. The statues at once come to life and play whatever pranks they will, till the sculptor returns, saying, “The sculptor has returned.” The statues now hurriedly resume their poses, and any one failing to do so properly is cast out as a poor block of marble.

## 92. THE KING HAS GONE OUT.

This game is similar to the preceding one. The king is in the center of the circle and assigns to each a piece of work, such as washing clothes, ironing, turning pancakes, etc., which she must affect to do. The king then leaves, saying, "The king must go out," and the time till he returns, instead of being spent in work, is spent in riotous pranks. When he returns, all must instantly resume work or suffer the penalty fixed.

## VII. SIMPLE REACTION.

## 93. FLOWER BALL.

(SECONDARILY—ACCURACY OF MOTION.)

The players form in a circle, facing inward. The leader, called the Flower Queen, stands within. She has a ball in her hand. She gives to each member of the circle the name of a flower. Then she throws up the ball, at the same time calling out the name of one of the flowers. The one whose flower is named must run forward and try to catch the ball. If she succeeds, she becomes queen, and the former queen takes her place in the circle. If she fails, she must pick up the ball, give it to the queen, and return to her place. The ball must be thrown so that it will fall within the circle, even if not caught.

## 94. COME ALONG.

A circle is formed and hands are grasped. One of the players, running on the outside, taps another, who immediately starts to run in the opposite direction, the place he left remaining vacant until one or the other shall have returned to it first. The unsuccessful player continues the running, etc. The players upon meeting may exchange greetings, bow to each other, or perform some other courtesy or exercise, before completing the circuit. This play, if the number of players is sufficiently large, may also be played in a double circle, an inner and outer ring, the players facing each other and grasping their uplifted hands, thus forming an arch under which the two running players must wend their way.

## 95. BALL TAG.

(SECONDARILY—ACCURACY OF MOTION.)

The players form in a circle, one of them having a medicine ball. The catcher is inside the circle. The ball is passed from one to another around the circle in either direction, the catcher trying to tag it, while it is in some player's hands. The player holding it when it is tagged, becomes the catcher.

## 96. HAND SLAP.

(SECONDARILY—ACCURACY OF MOTION.)

A circle is formed by the players with one standing inside. Those forming the circle hold their hands about waist high with the palms up. The center one tries to slap someone's hands, that person exchanging places with the center. When the hands are struck at, they may be lowered to escape the slap, but must be raised again immediately.

This may also be played with the players grasping a rope, the center one trying to slap the hands as before, the hands being moved along the rope or removed entirely to escape the slap. One hand, however, must always be on the rope; if both are off at the same time, that person must take his place in the center.

## 97. THIRD SLAP.

(SECONDARILY—ACCURACY OF MOTION.)

This is played with the players standing with the hands raised as for "Hand Slap," one player standing in front to slap. The hands must be held in place to receive the slaps, of which three are given to the same or different persons, but as soon as the third is given the one giving it turns and runs to a goal behind him previously decided upon, while the one receiving it pursues him. If caught before reaching the goal, he continues as before; if not, the one pursuing him takes his place as "it."

This may also be played with sides, as follows: Two divisions line up, facing each other at a distance of about fifteen feet, the hands being held as before. The leader of one side advances to the other and gives three slaps, then turns and runs to his own place on his side, pursued by the one receiving the third slap. If caught before reaching his own place, he takes a place on the side catching him, and that side is entitled to a turn. If not caught, the next in line becomes leader, and so on till someone is caught, when the other side continues. The side having the largest number of players at the close, wins the game.

## 98. MARCHING TO JERUSALEM.

Two rows of chairs are placed back to back, the number being one less than the number of players, who march around the chairs while someone plays the piano or sings. As long as the music continues they march, but as soon as it stops, each tries to get a seat. One is always left and must drop out. One chair is then removed and the game continued as before, and so on until only one player remains, who is the winner.

## 99. SHOT BAG.

(SECONDARILY—ACCURACY OF MOTION.)

The players form in a circle about two paces apart. The leader, standing in the center, has a cord with a small sand or shot bag attached to the end. He calls out, "Attention," and then swings the cord around him so that the shot bag is close to the ground. Each member on the approach of the bag must jump up to prevent being hit. Each one struck by the bag or cord steps out of the circle, and this is continued until all are out. The last one to be put out becomes the leader and the game continues as before.

## 100. DAYS OF THE WEEK.

(SECONDARILY—ACCURACY OF MOTION.)

A line is drawn parallel to a wall and about eight feet from it. The thrower stands within the line and seven catchers outside of it. Each of these catchers bears the name of a day of the week. The thrower throws the ball against the wall, at the same time calling out the name of some day of the week. The catcher bearing this name attempts to catch the ball. If successful, he exchanges places with the thrower, and the game continues as before. When the number of players is greater than seven, they may bear numbers instead of the names of the days of the week.

## 101. THE COON AND CHICKEN.

(SECONDARILY—ACCURACY OF MOTION.)

The players are seated on chairs in a circle. The leader (the coon) sits with his knees well separated, and one player (the chicken) kneels before him, with his hands on the leader's knees. The chicken then quickly lowers his head between

the knees of the coon, who tries to catch him by bringing his hands lightly together on the sides of the chicken's head. If not caught the chicken quickly raises his head, while the coon tries again to catch him, and so on until he is caught. Two others then continue, and the winners of each until only one remains.

## 102. SPINNING THE PLATE.

(SECONDARILY—ACCURACY OF MOTION.)

The players form in a circle and are numbered 1, 2, 3, etc. The leader is within. She holds a disk or plate in her hand, and setting it on edge on the floor, gives it a quick twist. While it is spinning around one of its diameters, she calls out some player by her number, who rushes forward to catch the plate before it settles flat. If successful, she becomes leader, and the former leader takes her place in the circle. If unsuccessful, she returns to her place and the leader spins the plate again, calling out another number. The game may be continued *ad libitum*.

The players may also be required to clap their hands once or twice, in front or behind the body, hop, turn around, etc., before starting to catch the plate.

## 103. THE TWISTED KERCHIEF.

The players form in a close circle, shoulder to shoulder, facing inward and having their hands, with palms open, behind their backs. One of the girls remains without the circle. She carries a handkerchief with a knot tied in one end of it. She runs around the outside of the circle and puts the handkerchief into the hand of one of the players without being noticed by the others, if possible. This one at once strikes her right-hand neighbor on the back with the knot, the neighbor seeking to avoid the blows by running around the circle until she regains her former place, when the handkerchief is given to her by her pursuer, who now steps into the circle, while the one pursued starts around the circle, continuing the game as before.

## 104. RELAY RACE.

(SECONDARILY—ACCURACY OF MOTION.)

Those racing are divided into two or more teams, the members of each standing one behind the other, directly back of the starting line. The first of each team holds a dumb-bell in one

hand, and at the word, "Go," runs to a certain goal and returns, handing the bell to the next of the team, who stands on the starting line. This continues until all have run, the side finishing first winning the race. Each team has a separate goal, but all must be equally distant.

## 105. GYMNASTIC CARNIVAL.

(SECONDARILY—DISCRIMINATION.)

Twelve to twenty-four players, one or two steps apart, form a circle. The leader of the play, standing in the center of the circle, gives to each player a name, signifying some article or apparatus found in the gymnasium. He begins the play by relating an interesting story of a gymnastic entertainment, which included as one of its numbers a "gymnasium scene." Each mention of a name requires the respective holder to execute some movement agreed upon, as turning completely around on one heel, or jumping to a deep knee-bending position, etc. Whenever in his narration he mentions the words, "and the audience applauded," all the players scatter to change places. In the scamper for places one player will always remain without a place—each place being marked by a chalk-ring, about one foot in diameter. Such player in turn becomes leader of the play. The leader, who must talk fast, proceeds about as follows: "The much talked-of event had at last come. A most brilliant spectacle greeted the gaze of the vast audience. There was the Instructor, the newly-engaged Instructor, the much-talked-of Instructor, and on the floor of the vast room before the Instructor was arrayed all the apparatus to be used during the evening by the Performers, as Vaulting Horses and Bucks and Standards, Parallel Bars, Horizontal Bars, Rings, Ropes, Poles, Pulleys, Horizontal Ladders, Slanting Ladders, Balancing Planks, Spring-Boards, Mats, etc. There were Dumb-Bells, Weights, Wands, Rings, Clubs, Poles, etc., and Rubber Balls and Leather Balls, Bean Bags, etc. The performance began and in marched the most graceful Performers you ever saw. The Music began; ah, that sweet and melodious Music, the Music that lent such a charm to the whole scene. The Performers vied to excel each other (on the Bars, etc.). In conclusion a lively game was introduced, in which all the Perform-

ers participated. The Bean Bags and the Balls flew. The Balls hit the Bags and the Bags hit the Balls ; they fell on the Vaulting Horses and on the Mats, between the Bars, and the Audience applauded."

#### 106. THE MILLER IS WITHOUT.

Two goals are fixed at opposite ends of the playground. In the one goal are the players, in the other is the miller. The watchman stands in front of the players. The miller shouts : " Hallo, Hallo !"

The watchman : " Who is there ?"

Miller : " The miller."

Watchman : " What do you want ?"

Miller : " A sackful of children."

Watchman : " Then catch them."

The players now hurry to the opposite goal. If any one is caught, she becomes miller, the miller becomes watchman, and the previous watchman joins the other players.

#### 107. THE BOILER BURST.

A circle is formed. Some distance from it a line is drawn. In the center of the circle stands the story-teller. She tells a story about a trip by rail or steamer, or a visit to a factory, or some other tale in which must occur the words, " The kettle burst." The moment these words are uttered all players start for the line. The last one to reach it, must become the next story-teller. As many places may be marked off on the line as there are players, less one, and the one who fails to get one of these places must be the next story-teller.

#### 108. DROP THE HANDKERCHIEF.

This is played with the players standing in a circle, one of their number running around the outside with a handkerchief, which he drops behind someone. The one behind whom it is dropped, picks it up and pursues the one who dropped it. If the latter is caught before reaching the vacant place in the circle, he is " it " again ; if not, the player pursuing him becomes " it."

## 109. TIP-UP.

(SECONDARILY—ACCURACY OF MOTION.)

The center player of a circle of players tosses a ball high up in the air, the other players striving to catch it as it descends. The player who succeeds in catching the ball tosses it up in turn. The ball can be tossed with either hand, or with both hands, or it can be struck from below after a rebound from the ground. Players, of course, are at liberty to leave their places in attempts to catch the ball, but must reform the circle after each catch.

A large number (24 or more) participating, the circle can be divided into four or more sections, all first players, second and so on, in successive order, striving to catch the ball upon its descent.

## ✓ 110. SAVE YOURSELF IF YOU CAN.

The group of players forms in a semi-circle or in a straight line, and before them stands a "story-teller." The story-teller tells a story in which occur the words, "Save yourself if you can." As soon as these words are pronounced all the players repeat them, then rush to a distant goal, stamp the ground three times, knock three times, clap hands three times, or do something else, mutually agreed on, three times, then return to the starting point. The last one to arrive, becomes the next story-teller. Any player who does not perform the required act three times, is shut out from the game.

## 111. RACES.

The players are arranged in a column of three lines, according to their size. At a distance of from forty to sixty yards is drawn a goal line. At a given signal the first of each line run, the one of the three first crossing the line being the winner. This one goes leisurely back to the columns, falling in line in the rear. The others follow in order as rapidly as the signal is given by the leader, the winner in each rank going back to the end of the column and taking his place, so as to preserve the column of three lines. When all have run, the winners run in the same way, and so on until the final winner is found. The defeated ones in each line form at the right or left of the leader to witness the rest of the racing.

The same races may be run by having the contestants hop on one foot, or on both, forward or backward, instead of running.

Another interesting form is a *Leap Frog Race*, in which several rows of players stand in position to be leaped over, those racing taking their places on the starting line, one behind each row of stooping players. The one reaching the goal first, after leaping over all the players in his row, wins.

In the *Serpentine Race* ten staffs about four feet high are required. These are stuck into the ground in a straight line about ten feet apart. Unless several such courses can be laid out, the competitors will have to run separately and be timed. The race is run by passing the first staff on the left side, the next on the right, the third on the left, and so on. The one reaching the last post in the shortest time wins the race.

This race may also be run using dumb-bells placed on the floor at regular intervals, instead of staffs.

## J112. STATUES.

(SECONDARILY—TRAINING EYE.)

The leader stands at one side of the playground, on a line marking the goal on that side, with his back to the other players, and either taps on the floor with a wand or counts aloud any number up to ten, during which time the players try to steal up as near as possible to the goal line. As soon as the leader stops tapping or counting the players stop and stand immovable, while the one who is "it" turns quickly around and sends back to the starting place all whom he sees moving, then turns his back and continues as before. The player crossing the goal line first without the leader seeing him is the leader for the next game.

## 113. CATCH THE WAND.

(SECONDARILY—ACCURACY OF MOTION.)

The leader stands in the center of a semi-circle, formed by the other players, holding a wand upright, with his first finger resting on one end. At any moment, by raising his finger, he allows the wand to fall to the floor, at the same time calling the name of one of the players, who must quickly rush forward and

catch the wand before it touches the floor. If he succeeds in doing so, he becomes the leader ; if not, the game continues with the same leader until some one catches it.

#### 114. TOSS-UP, TOSS-OVER.

(SECONDARILY—ACCURACY OF MOTION.)

The center player of a circle of players tosses a ball up in the air, saying, "Toss-up." The outside players, marching around the circle, must cry out, "Toss-over," before the center player recatches the ball, whereupon the center player must toss the ball to the outer player. Should the outer player fail to cry "Toss-over" in time, before the ball is re-grasped by the center player, he exchanges places with the next player in order. If the center player should fail to catch the ball, any player, alert enough to secure the same, may serve as center player.

#### X 115. THREE DEEP.

The players form a circle, facing inward. Alternate ones step in front of those standing to the right of them, facing in the same way. The players are now arranged in pairs. A runner and catcher are now appointed, the former running around the outside of the circle and taking his place in front of some couple, so making three standing one in front of the other. The last, or third one, then becomes the runner, the catcher pursuing him, and so on until someone is tagged. That person is then catcher, and pursues the former one, who runs and takes his place in front of any couple. The game then continues, the third one always being pursued.

Another method of playing this game is to have those in couples face each other with about one step distance between them. The runner runs and stops between them, facing either one, the one toward whom his back is turned becoming the next runner.

#### 116. BALL RACE.

(SECONDARILY—JUDGMENT.)

The players are divided into two sections, facing each other, and standing in straight lines at opposite sides of the playground. Midway between the two lines is placed a stool, or

box, with a basket ball on it. At a signal from the leader the first from each side start for the ball, the one reaching it first picking it up and running back to his former place, while the others pursue him. If he reaches his place without being tagged, the next in line continue in the same way, but if he is caught, he takes his place with the side catching him. When all have run, the side having the largest number of players, wins.

#### 117. CENTER-BASE.

(SECONDARILY—ACCURACY OF MOTION.)

The center player takes his place within a large circle of players, standing a step apart, and tosses a bean bag or hand-ball to any player in the circle. The player catching the bag quickly places the same in the center of the circle and strives to catch and tag the center player, if possible, before he can leave the circle (to which he must immediately return). If the center player can succeed in touching the bag before he is tagged, he continues as center player. If tagged before he succeeds, he is "out," and the successful player continues as center player.

#### 118. CATCH THE CENTER.

(SECONDARILY—JUDGMENT.)

Form a circle facing inward, in close order, with four openings wide enough to permit the passage, or escape, of the center player. The center player tosses the ball to whomever he likes, such pupil in turn tossing the ball back to the center player, who must catch it and escape with it through one of the openings, the player who threw the ball endeavoring to catch him before he can succeed. Places are exchanged when the center player has been caught.

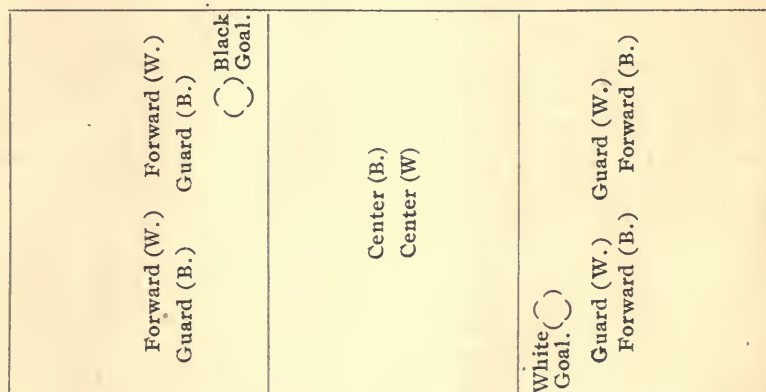
#### 119. TUCKER.

The players form a circle, alternate ones than step in front of the one on their right, and all take a right face. One player stands in the center, those in the circle marching around until he commands, "Hands around," when all join hands and circle around. After this has continued a short time, the center player

commands, "Grand right and left." This is done by each player turning and giving his right hand to the one who was his partner, then continuing around, giving his left hand to the next person he meets, and so on around the circle, grasping right and left hands alternately. This continues until the leader calls out, "Tucker," when each player tries to get a partner, taking a position with the couples behind each other, as in the beginning. The player left without a partner then takes his place in the center, and the game continues as before.

## 120. HOOP BALL.

(SECONDARILY—JUDGMENT.)



Positions of Players—Black versus White.

The floor is laid out as above for this game. Any number, up to ten on each side may play, but five is a convenient number for each team. Hoops about two feet in diameter are firmly suspended nine or ten feet from the floor, directly over each end line. The players stand as shown in the diagram, but during the game may move about in their own territory as they choose. A basket ball is used, the object being for each side to pass the ball through the hoop on the opposite side and make it touch the floor beyond. Each center player tries to prevent its going through the hoop of the opposing side, and at the same time pass it to his forward, the centers not being allowed to throw for the goal. The guards try to prevent its touching the floor

after passing through the hoop, while the forwards endeavor to prevent this and allow it to touch.

If the ball passes through and touches the floor, it is called a touchdown, and counts two points for the side making it.

If it passes through and does not touch, it counts one point.

The ball is put in play by being thrown up between the center players.

No running with the ball, kicking it, or pushing or holding an opponent, is allowed.

## VIII. DISCRIMINATION.

### 121. TOSSING THE CAP.

The players are seated or stand in two lines facing each other, while the leader tosses up a cap so that it will alight between the lines and in sight of everyone. If it alights top up, one side (as agreed upon before) laughs; if bottom up, the other side laughs. If anyone laughs when he should not, the leader calls him out to take his place as leader.

### 122. SIMON SAYS, "THUMBS UP."

The players are seated or stand in a circle. The leader says, "Simon says, 'Thumbs up,' " (down, wiggle-waggle, or any movement), at the same time turning his thumbs as he says, and followed by all the players. If, however, he omits to say, "Simon says," he may do the movement, but no one else can, only under penalty of becoming leader; only those movements preceded by the words, "Simon says," being imitated.

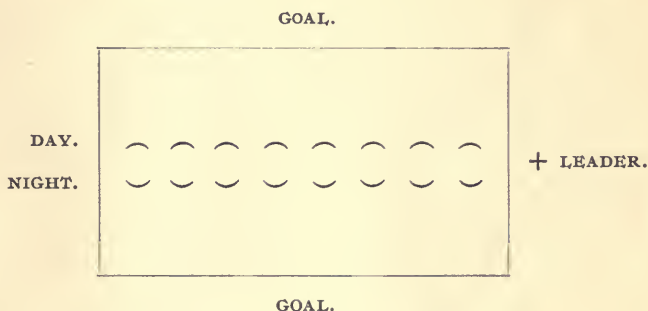
### 123. ARMS, LEGS AND TRUNK.

A circle is formed, the place of each player being marked with chalk, or in any other way. One of the players, standing in the center, points to anyone in the circle saying, "Arm," (or leg, or trunk), and then counts rapidly to ten. If the player to whom he points does a movement with the part mentioned before the leader finishes counting, the leader goes on and points elsewhere, until someone fails to do a movement with the part

called for. They then exchange places, the one who failed becoming leader. The leader may at any time call out, "Change," when all must change places, whoever fails to secure a place becoming the next leader.

#### 124. DAY AND NIGHT.

The players are divided into two parties, formed in two lines, back to back, about three paces apart, as shown in cut :



One of the lines is named the "day party," the other the "night party." The leader has a disk painted black on one side and white on the other. (A coin may be used in place of the disk.) In front of each party, at a distance of about fifteen paces, is a goal. The leader throws the disk into the air. If the white side is up when the disk has alighted, she cries out, "Day." The day party then rushes toward its goal and the night party pursues, catching as many members of the day party as possible. These they take back to their own goal. The captured members are now out of the game. The sides now change, the disk is thrown again, and the party whose side turns up starts up as before. The game is continued in this way until all the players on one of the sides are out. This closes the game.

#### 125. WOOD TAG.

This is played as an ordinary game of tag, except that the players must be touching wood, with hands or feet, in order to be safe from being tagged.

## 126. BUZZ.

Quick-witted youth will be interested in an arithmetical game called "Buzz." The participants are resting from some lively running game and seated in a circle, or around the room. One person begins by saying, "One," the next "Two," the counting continuing around the circle; but, whenever the number "seven" is reached, or any multiple of seven, as 14, 21, etc., or any number having the word seven in it, as 17 or 27, it must not be given, but in its place the person says, "Buzz," and the following number is counted by the next player. On the failure of any one to say "Buzz" at the proper time, he is dropped from the circle. Thus the game proceeds, usually commencing with "one" again each time a person misses, until but one player is left to score the victory. Some action or movement, as clapping of hands, etc., can be substituted for the speaking of the word "Buzz."

## IX. JUDGMENT.

## 127. STAFF WRESTLING.

The staves for this should be about  $1\frac{1}{4}$  inches thick and about 20 inches long. One staff is enough for about twelve players, but if the number be greater, it is preferable to use more. The players form in a circle with a leader in the center. The leader summons two players, who step into the circle. They are then given the staff, for the possession of which they struggle until one of them wins it. A new pair is now summoned. This is continued until all have had their turn. The winners of the different contests then repeat the work until the final winner is reached.

## RING WRESTLING.

This differs from the preceding only in the use of rings instead of staves.

## 128. BEAR IN THE RING.

A number of players join hands and form a circle, the bear-pit. One of their number, previously selected for bear, wanders about on the inside, attempting to get out by testing the bars. The bear may break through the bars by placing his weight on the grasped hands, or jump over or crawl under the same. If he breaks through and escapes, the keepers give chase, the one catching him in turn becoming bear.

## 129. LAST PAIR, PASS.

A number of couples stand behind each other. Before them stands the catcher. She says, "Last pair pass, one, two, three," clapping her hands three times. At the last clap the rear couple separates, the members running to opposite sides in a large circle past the players, in order to join hands again in front of the catcher. The latter, in her turn, endeavors to tag one of them before they succeed in joining hands. If she succeeds, she and the one not tagged take first place before the others, and the one tagged becomes catcher. In case the last pair join hands before one of them is caught, they take first place, the catcher again calling, "Last pair, pass."

## 130. WHAT DOST THOU IN MY GARDEN?

The players stand about two feet apart in a circle with hands grasped. One player, without the circle, is the gardener, and another within is the thief. The following dialogue then ensues :

Gardener : "What dost thou do in my garden?"

Thief : "I am eating apples."

Gardener : "Who gave thee permission?"

Thief : "Nobody."

Gardener : "Now escape if thou canst."

The thief now runs out of the circle underneath the arms of two of the players, then runs anywhere she will, in and out, till she finally re-enters the circle by the opening through which she first passed out. The gardener all the while pursues her, fol-

lowing her in all the turns she makes, and tries to touch her before she can re-enter the circle through the right opening. If successful the gardener chooses a new thief, the caught one taking her place in the circle, and the play goes on as before. If the gardener does not catch the thief, or makes a mistake in following in her path, she forfeits her part, the thief now becoming gardener and choosing a new thief, and the former gardener returning to the circle. (A new fruit may be named at each change of players, such as pears, peaches, strawberries, etc.)

### 131. THE CATCH OF FISH.

(SECONDARILY—REACTION.)

The players are separated into two equal divisions, each occupying a goal along one side of the playground. The line of players constituting the net, have hold of each others' hands. When the cry is given, "The net is coming," the two divisions run toward each other. Whoever gets into the net and remains there until the two ends come together, forming a ring, is caught and is led to a space at one side, also called a net, and remains there. After each catch (running across), the sides change, the fish becoming catchers and vice versa. This is continued until all the fish on one side are caught.

This game may also be played by having only one catcher at the beginning, all the others being fish. All caught then immediately take their places as catchers, joining hands with the first catcher and helping him catch the others. The last one caught is the catcher for the next game. If the catchers let go of hands the net is broken and anyone caught must be released.

### 132. THE FOWLER.

(SECONDARILY—REACTION.)

One player is the fowler, another the buyer, and the rest are birds. These are squatted here and there on the ground, the fowler having given each of them the name of some bird. The buyer wishes to buy a certain bird, a finch, for instance. If any such bird be there, a price is agreed upon, and while the buyer

is counting out the money, the fowler calls out, "Finch, fly away, but come back to your house soon." The bird tries to escape and the buyer pursues. If he catches the bird, it is his and is put in his cage, but if the bird escapes and gets back to his place, he is free. When all the birds are sold the game begins anew.

### 133. PUSSY WANTS A CORNER.

(SECONDARILY—REACTION.)

Each player chooses a place, a tree, a corner of a house, an apparatus, or places a stick or wand into a hole, or a ring as used in the gymnasium, etc. All, with the exception of one, have places. These places being decided on, all go to the middle of a circle and at a signal run for these places. The one who fails to get a place begins the play. She goes from place to place and says, "Pussy wants a corner." Meanwhile the players exchange places at will. The seeker for a place endeavors to secure one by outwitting one of the girls who is exchanging with another and getting into the place first. The one thus deprived of a place becomes the next seeker. If a seeker, after repeated effort, fails to secure a place, she may call, "All rooms to let," or "All places change," and all must exchange. In the confusion of this general exchange, her chances of securing a place are better.

### X 134. CAT AND RAT.

(SECONDARILY—REACTION.)

The players stand in a circle, facing inward and grasping hands. One player is chosen as the rat and stands within the circle; another is the cat and stands outside the circle. A dialogue then takes place as follows:

Cat: "I'm the cat."

Rat: "I'm the rat."

Cat: "I'll catch you."

Rat: "You can't."

The rat then runs about in and out of the circle under the arms of the players, pursued by the cat. The players

try to prevent the cat catching the rat by allowing the latter to get out of the cat's way and keeping the cat from the rat. When the rat is caught, both cat and rat take their places in the circle and the next players standing on the right of each become cat and rat.

### 135. THE FARMER GAME.

A small place at one end of the playground is marked off as the farmer's house. Two players, called "guards," leave the farmer's house with hands grasped. Just behind them is the farmer, whom they are guarding. They move in any direction across the playground, but must not go faster than a walk. The other players pursue the farmer, who shields herself by running behind, in front of, or around her guards, the pursuers striking her with the palms of their hands or with knotted handkerchiefs as often as they can. The guards try to strike the pursuers when they come within reach. When a guard strikes a pursuer, all the pursuers turn upon the three (guards and farmer) and drive them with blows to the farmer's house. The pursuer who was touched by the guard now becomes farmer, and the game continues as before. In case one of the pursuers, while driving the three into the farmer's house, oversteps the walls of the house, she becomes farmer.

### 136. CATCHING (TAG OR TICK).

The catcher, who has been appointed by counting off, or lot, tries to tag one of the other players who run away. The one tagged, whose name is to be called out loudly, continues the game at once, but she is not permitted to tag the one who caught her. If a goal be designated, the players may make for that for safety, but if the goal be misused, the catcher may call "Three times three are nine, who does not run is mine," when all players must leave the goal. As a variation, it may be agreed that squatting saves from being tagged, or the taking hold of certain objects, such as pieces of iron, etc. Another variation of this is "Cross Tag." In this the players cross between the pursuer and the one pursued, the catcher at once

pursuing the one who has crossed the path, and so on till someone is tagged. This one now becomes catcher. Still another variation is "Shadow Catching," played as follows: The first catcher is determined by means of a "counting-out rhyme." (The rhyme is repeated, one player being pointed to at each word, until the last word is reached. The one getting this word is catcher). Then the players scatter, each one taking a place marked out beforehand. The catcher tries to step on the shadow of another player. This player seeks to avoid it by running away, jumping up or squatting down. When the catcher succeeds in stepping on some one's shadow, she cries "caught," and the person caught becomes the next catcher, the previous catcher taking her place. Hang tag is a favorite form of this game, in which a player must be hanging by his hands to something in order to be free from being tagged. If any part of his body is resting on the floor or apparatus, the person may be tagged.

### 137. CHICKEN FIGHT.

(SECONDARILY—ACCURACY OF MOTION, REACTION).

A circle about two feet in diameter is drawn, in which a player places one foot, having the knee well bent and the weight of the body over that foot, the other knee being straight and the foot outside the circle. Another player folds his arms, as does also the one in the circle, and, by hopping on one foot against the latter, tries to push his foot from within the circle to the outside. If he succeeds he is declared the winner and two more players continue the game, and so on until all have tried; then the winners of each couple until the final winner, is found. The one outside the ring must have only one foot on the floor at once, but, when tired of hopping on one, may change to the other by a hop. The center player by dodging and resisting the attacks of the other, may cause him to lose his balance and place both feet on the floor, in which case the center player is the winner.

This may also be played by the center one holding his place against all the players in succession until someone succeeds in removing his foot from the circle.

A variation of the above is to have both players hop freely around the floor, each trying to make the other place both feet

down by hopping against him, the one succeeding in doing so being the winner.

### 138. TUG OF WAR.

(SECONDARILY—ACCURACY, STEADINESS OF MOTION, REACTION).

The players are divided according to their strength into two equal divisions. Each side then lines up with its members one behind the other, the two leaders facing. The players on each side stand alternately on the left and right sides of the long rope, which all grasp with both hands. A goal line having been drawn behind each division, at the word "Pull," both sides start to pull, the object being to pull the other side over the opposite goal line, the side doing so winning.

### 139. LONDON BRIDGE.

(SECONDARILY—ACCURACY, STEADINESS OF MOTION, REACTION).

Two players facing each other grasp hands with arms extended upward and form an arch. The other players, marching behind each other, pass through the arch, singing :

London bridge is falling down,  
Falling down, falling down,  
So merrily !  
Fill it up with wood and stone,  
Wood and stone, wood and stone,  
So merrily.

The last line of each stanza sung, the two players forming the arch lower their arms about the one who happens to be passing between them at the time and hold her captive.

It is previously agreed between the two forming the arch, that one represents wood and the other stone (or such other different materials as may be chosen).

The captive is asked in a whisper so that her followers do not hear (and must answer in a soft voice) which of the two she wants to be. When she has chosen she takes her place behind the girl standing for the material she has chosen.

The game is repeated till all have chosen and are arranged in two files.

† The leaders, still facing each other, lock hands over each others' backs and each player locks hands around the waist of

the one before her. When all are ready the leaders shout: "Ready! Pull!" All pull backward, the strongest side winning the game.

The pulling may also be done standing side by side, with arms locked, or placed around each others' backs or over the shoulders, etc.

#### 140. THE CHICKENS AND FOX.

Two players are chosen, one to represent the mother hen and the other the fox who wishes to get a chicken for his meal. The others (who are the brood) each grasping the one in front, beginning with the largest, range themselves in line behind their parent. This is done just as the fox appears, the following dialogue then taking place:

Hen: "What do you want, fox?"

Fox: "I want a chicken"

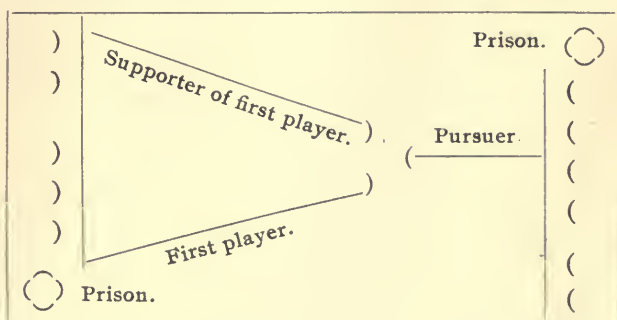
Hen: "Where will you get it?"

Fox: "Out of your flock."

At this time the fox runs to either side, left or right, trying to catch one of the chickens—the one caught becoming fox for the next time. The mother hen moves to either side to protect her flock, who move with her, trying to keep behind her.

#### 141. PRISONER'S BASE.

(SECONDARILY—REACTION, JUDGMENT).



Goals are marked off at both ends of the 'playground, the players divided into two equal divisions, occupying the two

goals. About ten paces to the right of each goal, is a prison. A player advances toward the opposite goal, when one from that goal starts out to catch him. He retreats, and one from his side runs to his rescue by trying to catch the pursuer—who in turn is succored by one from his side, and so on. Every player may catch anyone from the opposite side who has been out of his goal longer than he has. Any player caught is conducted to the prison by his captor and must remain there until rescued by some one from his side, who touches him with the hand. The one who does this, is subject to being caught like any other player.

## X. ORGANIZED.

### I. LOW ORGANIZATION.

#### 142. FIST BALL.

The playground must be as even as possible; at least one hundred feet long and 60 feet wide. The side and end boundaries must be clearly defined. Straight across the center of the same a line of about the thickness of one's little finger is drawn at the height of 7 to 8 feet. The ball used is round and hollow (same material as in football) and has a diameter of 9 to 16 inches.

The players, 10 to 12 (with a greater number one can take two or more balls), are divided into two sides and are placed facing each other. Every player is enjoined to leave his post as little as possible. The manner of the game is as follows: The ball is hit from the opposite side over the line and hit back by an underblow from the fist or forearm over the line again in such a manner that it can be hit back again over the line. Only a *returned ball* counts. A ball which bounds over the side or rear boundaries of the playground is not counted. Such a ball is *rolled back* into the ground of the side which made the mistake and is thrown again over the line without being counted.

A throw is made as follows: The player lifts the ball over his head and hits it, as it falls, with his fist or the forepart of his arm. If such a thrown ball comes down on the ground in the

home field it must be played again. If it goes over the line, one of the players on the other side tries to hit the ball back before it touches the ground. Or the ball may bounce *once* and then be hit back in the way already described. Every player has the right of hitting the ball from *underneath* as many times as he likes, nursing the ball till he has it in a proper hitting position. The ball may also touch the ground after every hit. As already said, the player may continue this manner of hitting till he gives the ball the final hit, or else he may play the ball into the hands of another player who has a better position for hitting it.

The chief rules are :

1. The ball must be hit *only* with the tightly clenched fist, right or left, or with the under part of the forearm (in this case, fingers also clenched to a fist).

2. The ball does not count :

- (a) When the player touches the same with the palm of his hand, or with both fists or arms at the same time.

- (b) When the ball is hit over the line by a blow from above or from the side, or with a fist raised above shoulder.

- (c) When the ball touches the ground twice in succession.

- (d) When the ball is hit under the line or touches the same.

- (e) When the ball touches the ground beyond the boundaries of the field.

3. The side which has made the mistake must "play" the ball anew.

4. The ball, when hit before touching the ground, counts two points ; if it touches the ground once, before being hit over the line, it counts one point.

5. A certain number of points, generally 30 or 40, or more, decided upon beforehand, wins the game.

6. The ball counts only when thrown over the line, according to rule.

7. A ball which is rolled back must not be hit, but must be played anew.

8. It is not allowed to enter the field of the opposite side.

9. If 30 points or any other number win the game, the thirtieth or last ball must be a direct one, that is, to be hit before touching the ground.

10. After every game the sides change their positions.

The winning side plays off the ball first. If two balls are used each side plays off one at the same time. It is advisable to appoint a counter for every ball which is played in the game. This game is admirably adapted to both sexes from 14 years upward.

#### 143. PUNCH-BALL.

This game is played with a basket ball, which is struck with the closed fist so that it will roll along the ground. A center line and two end lines divide the field into two equal parts, the players standing in two equal divisions just in front of each end line. The object of the game is to cause the ball to roll over the end line of the opposite side by striking it as above described. The players are allowed to move about freely on their side and may roll the ball up to the center line before giving it the final stroke. It may also be rolled from one player to another on the same side until a good opportunity is found to send it across the opposite goal line. Every goal made counts one point for the side making it. Striking the ball with the open hand or kicking it counts one point against the side doing so.

#### 144. BATTLE BALL.

##### COURTS OR PLAY GROUNDS.

The size of the court may be regulated by the amount of space at the disposal of the players. The following measurements and arrangements, with the diagram, may suggest proportions suitable to a satisfactory playing of the game. A court of a length twice its width makes an exact square for each side—50x25 feet having been found to give the amount of space most desirable for teams of five on a side. The lines should be marked on the floor, or ground, as shown on the diagram. The full lines on the side, with the broken lines at the ends, give the limits of the space enclosed for playing; the broken line in the center is the center foul line, while the broken lines at the ends are the end foul, base or goal lines; the border beyond represents the stop nets, which may be set five feet behind the goal

lines; over the goal lines, and seven feet above them, cords should be stretched from posts (jumping standards will serve the purpose); set at the corners of the court. On each goal line place three pairs of bowling pins or Indian clubs of two or three pounds weight, one pair in the center and the others three feet from the posts, the pins of each pair being eighteen inches apart. With teams of five, the three stationed in front of the pins serve as guards or goal tenders, while the forwards act mainly as throwers.

When the game is played out of doors, and a larger number than usually make a team wish to play, several courts can be laid out side by side, the right side line of one answering for the left side line of another. Goal pins may be substituted by wand or sticks projecting about three feet above the ground; and in place of the back stop nets, substitutes, or shacks, may be employed to chase the balls that pass the goal lines.

A round rubber ball, filled with air and covered with leather (same material as a foot-ball), nine inches in diameter and weighing about a pound, has proved to be the most satisfactory missile, and completes the outfit.

#### DIRECTIONS FOR PLAYING.

While five make the best number, three, four, or six on a side may play the game comfortably and to advantage. The positions of the players may be changed about, but in a close contest it is desirable to have the best throwers in front, and the best catchers for guarding the goals.

The side having the ball, which may be decided by the toss of a cent or other means, tries to throw it between the goal posts of the other side; if it succeeds in doing this, ten points are scored in its favor; failing to make a goal, but hitting a pin or post instead, five points are counted; if the ball only passes the goal line under the cord, three points are made. Should the ball go over the goal cord, it is a foul and counts one against the side throwing it—the goal tenders will try to cause by pushing the ball up instead of stopping it. If a thrower steps over the center foul line, two points are counted against his side.

The game may be played five, ten, fifteen, or twenty minutes, according to the condition of the players. Two ten min-

utes' innings, with a five minutes' rest between, makes a short, sharp and exciting game, and seems best suited to the interest and power of endurance of the average student.

There should be a referee, two judges, and one or two scorers, though all of these functions may be performed by one person in practice games. The referee keeps the time, starts the game, announces its progress, and settles all disputes. The judges watch for fouls, and report the points made by their respective sides to the scorers. If the score is posted on a black-board in view of the players, the interest is much enlivened.

#### POINTS OF INTEREST.

In order to realize the best physical results from the game, the ball should be folded on the wrist and bowled with a straight arm, while the weight is thrown forward on the opposite leg and the body swung nearly half round from the waist. By this movement the muscles of the chest, abdomen, loins and legs, are brought into powerful action, and the ball can be thrown with greater speed and accuracy.

The ball can be best stopped by blocking it with both arms, legs, and body, if necessary.

When acting on the defensive, the throwers usually fall back to within a few feet of the goal tender, so as to cover the gaps between them—but not too far back, as this tires the players and gives no opportunity for the guards to stop such balls as pass the forwards. Nor should the guards play too far in front of their goal pins, except when running to the front to throw the ball, at which time the exposed pins should be covered by one of the forwards.

The constant aim should be to throw the ball through the pins or an opening between the players, instead of at the players, who are prepared to catch it.

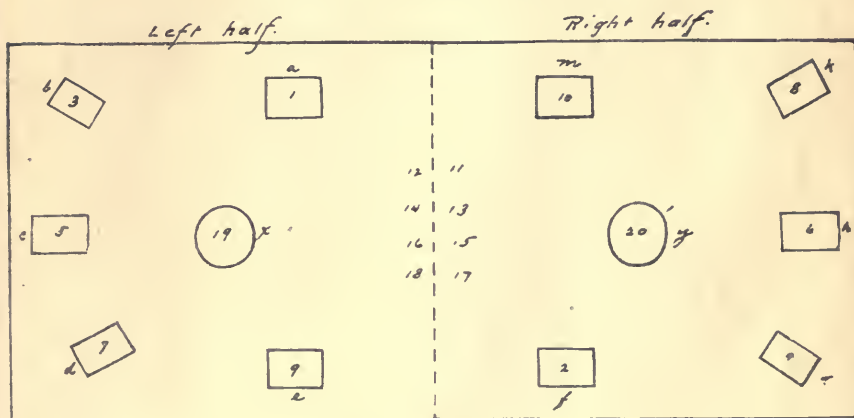
In this game, as in football, skill may be shown in attacking or defending weak points, and in so conducting the game that the most points are made just when they are most needed.

An interesting feature of the game is the frequency with which the score is changed, first one side and then the other being ahead; which, with well-matched teams, leaves the final result uncertain until the last moment of play has expired.

## 145. ROUNDERS.

The players are divided into two sides. A large circle is marked out with flat stones or blocks placed at intervals of from twenty to thirty yards. Having decided which side is to be in, the others are posted in different parts of the field to act as scouts. The players stand at the starting post. Number one has a bat and ball. Hitting the ball as swiftly as possible, he drops the bat and runs to the next station. If he is touched with the ball before reaching it, he is out of the game. The rest of the players follow and the players run from station to station as they have opportunity. If a complete circle is made in one run, it counts double. The players must stand with one or both feet on the station, or they may be ordered out after being hit with the ball. When the players on one side have all played, the opposite side enters, and the side which has the highest number of runs wins the game. It is advisable to have a captain chosen for each side.

## 146. CAPTAIN BALL.



The field or gymnasium floor is divided into two equal parts, left and right half; each half contains five rectangular spaces, (a, b, c, d, e, f, g, h, k, m) and two somewhat larger or circular

spaces called *centers* ( $x$  and  $y$ ) marked on the floor and all called *bases*. If sufficient spring or jumping boards are on hand, they may be used instead of marking the floor.

Any number of players may participate in the game, but it is advisable to have twice as many players, less four, as there are bases; thus in the above we have a total of twelve bases, hence twenty players.

For convenience of description, I divide the players into odd and even numbers; the odd numbers constitute one team, the even numbers the other team. Numbers 1, 3, 5, 7 and 9 take places on the bases  $a, b, c, d$ , and  $e$ , in the left half of the field, whereas the other odd numbers of the same team (11, 13, 15 and 17) scatter about the right half of the field. Numbers 2, 4, 6, 8 and 10 occupy the bases  $f, g, h, k$  and  $m$  in the right half, and numbers 12, 14, 16 and 18 scatter about the left half of the field. Numbers 19 and 20 are the captains of their respective bases, and occupy the center bases,  $x$  and  $y$ ; number 19 in the left half, and number 20 in the right half of the field.

The object of the game is to throw the ball to a person standing on a base (except center) and this baseman then throws the ball to the captain or occupant of the center base. If this is accomplished without the baseman or center leaving their respective bases, one point is scored for the side. An ordinary foot-ball or basket-ball should be used.

To accomplish the above, following and similar plays may be made: A referee takes the ball and "tosses it up" in the *middle* of the *hall* or *entire field*; numbers 11 to 18, who are "lined up" as shown in the diagram, scramble for possession of the ball as it descends. For the scramble these eight players may run anywhere they choose and are permitted to cross the center line, but must return to their respective sides before throwing the ball to a base.

Take for granted that number 17 secured the ball; now, as all odd numbers are on one team, he (number 17) throws the ball to *any* odd number except center (say to number 3) on a base, who in return throws it to the center or captain (number

19). As soon as numbers 12, 14, 16 and 18, being on the opposite team, see who has the ball, they run to the various bases occupied by odd numbers to intercept the ball if possible, and if successful to throw it to a baseman on the other side of the hall. Of course, numbers 11, 13, 15 and 17 now station themselves near the bases, to prevent the even numbers from scoring. In trying to block a throw, the *guards* (numbers 11 to 18) must not touch the baseman or the bases. The most active guard should make it a special object to watch the center, for the ball *must* reach the center to score.

If a throw from a baseman to center is blocked by the guards, the ball should be thrown to another baseman of the same side to have him throw to center if possible.

If only the captain (or center) steps off his base in his endeavor to catch the ball, he may return it to any baseman on his team without interference by the guards.

A throw from a "guard" to the center does *not* count, but the center may throw the ball to a baseman and he return it to center, whence one point may be scored.

After every score the ball must be given to the referee who starts the play by tossing the ball in center.

Striking the ball out of a player's hand may be allowed, but if rough play is to be prevented, it ought not to be permitted.

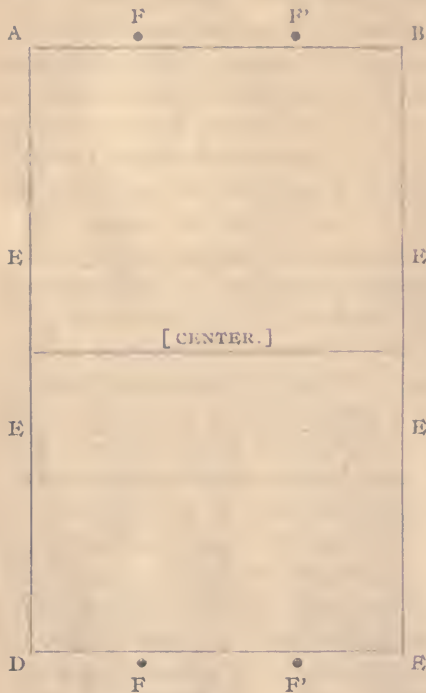
The game is to be played in two halves of 20 minutes each, with a rest of ten minutes between halves. Teams change sides at the beginning of the second half.

#### 147. HURL BALL.

This is played with a leather covered ball weighing from five to ten pounds. It has a rolled hand strap attached to it. (Medicine balls with hand straps are just the thing). Those sixteen or over should play with a seven or eight pound ball. For boys below this age five pounds will suffice.

A field (A, B, C, D) from one hundred to one hundred and twenty yards long by fifty yards wide is quite sufficient, and it may be played upon a smaller field than this.

Stakes are driven some fifteen feet on either side of the center (E, E') to mark the starting points. At the extreme ends of



the grounds are placed high stakes (F, F') with flags attached, between which the ball must come to score. When the players are divided, they take their stands near the center between the starting marks (E, E'). The ball is given by lot to one side for beginning, and that side chooses the man they wish to run from any point on his side to the starting line E, E'). When the ball is caught, before it alights, the ground by the opposition, the catcher is allowed to take three steps toward the goal at his front. But, if the ball alights the ground, it must be thrown from where it is picked up

and by the one who picks it up. Since there is an immense advantage in having a short run over standing and throwing, it puts each side "on its mettle" to do good catching. Now it must be understood that three steps are to be taken, no more, no less. This will prove an interesting and valuable feature. The struggle is to force the ball by good catching and throwing beyond the opposition to alight the ground between the goals (F, F') and beyond, and no score can be made until the ball alights; it must not roll through the goal. If one side has covered one point in doing so, it is well to change sides and begin the game anew. A time may be fixed for the duration of the game, which is to be regulated by the teacher beforehand, who

is prompted the strength and age of the pupils and the weather prevailing.

The catching is done in the arms rather than in the hands. The game is made more difficult by lengthening the field or by placing the goals, between which the ball must pass, closer together.

#### 148. BALL STAND.

The number of players may be from six to twelve—it is best not to have more than this, although any number may play. The players are numbered from one up, and assemble at one of the walls (if outdoors, the wall of a house) inside a line drawn ten feet away and parallel with it. One player is selected to start the game and is supplied with a tennis ball, which he throws against the wall, at the same time calling the number of one of the other players. This one immediately starts to catch the ball, and if he succeeds in doing so before it touches the floor, he in turn throws it against the wall, calling out another number; if not, he chases it, and when he has caught it, he cries "Ball stand" or "Stop" (according to previous arrangement), when the other players, who meanwhile have hastened to disperse in all directions, immediately stop wherever they are. He now throws the ball and hits some one, who then chases it, while the others run away until he cries "Ball stand"; and thus the game continues until some one misses, when the players re-assemble at the wall, the one who misses playing the ball against the wall.

The numbers should be written on a blackboard and the misses scored against the player. When anyone has six such marks the game is ended and the loser punished by each player hitting the inside of his upheld hand with the ball, from a distance of ten to twenty steps. Those with a clean score are entitled to six strikes, and the others to as many less as they have marks against them.

The one playing against the wall should make the ball rebound out of the way of the one whose number he calls, so as to delay him as much as possible; and it is well for the others to notice the direction of the ball so as to get far away from it.

It is understood that all except the number called run at once, and if anyone should run alongside of the ball he may kick it in another direction, if such a rule has been agreed upon beforehand.

The number should be called loudly before the ball strikes the wall; if called after, the player is marked one off and the one called begins the game anew. Anyone calling his own number is marked two off.

When the ball is played every player must have one foot inside the line.

#### 149. RIDER BALL.

In this game the players pair off according to height, strength and agility, and form a double circle, faces to the center, with from two to six paces interval between pairs, according to the number of players taking part. Those forming the inner circle are the "horses" and those in the outer the "riders." Those designated as horses take a stride position sideways, bracing themselves by placing both hands on the knees which should be kept extended, the body bent forward in order that the riders may readily mount by straddling their backs upon the command of the leader of the game to mount. The riders having mounted, a basket ball is thrown from one to the other. When a rider misses catching the ball, all riders immediately dismount and flee, the horse of the rider who missed the ball quickly picking it up and commanding all to stand or halt. All riders then stand still while the horse endeavors to hit any one of them, who may dodge but not leave his place. The other ponies remain in their places.

If the player who aims at a rider succeeds in hitting him, places are exchanged, horses becoming riders and riders horses. If not successful the game continues as before. The ball must at no time be held by a rider, but tossed as quickly as caught, no matter in what position the rider may find himself. The leader gives the commands to mount and determines the hits and misses.

## 150. HOCKEY.

Hockey, played in a lively way, is one of the very best open-air games for winter. The spirit of the game is pretty much the same as football, the object being to strike a ball through a goal, marked by two uprights, as in football, the principal difference being that the instrument of propulsion is a light, hooked stick, or "hockey" (of some tough wood, as ash, and about the length of a cane,) instead of the foot, and that the ball is a solid India rubber ball, about two and a half inches in diameter. A twine ball or cloth ball is preferred by some players. A field about 75 to 100 yards long and about 30 to 40 yards wide, marked by goals at the ends, as in football, and by flags at the sides, will accommodate about twelve players on each side without dangerous crowding during play. Good players drive the ball along by a succession of taps and guide it in and out between the opposing groups of hockeys by mere play of the wrist, scarcely ever lifting the hockey above the shoulders.

The following rules govern the game :

1. The choice of goals shall be decided by tossing, and the side winning the toss shall start the ball from a spot ten yards in front of their goal.

2. The ball shall be played with the hockey : it shall, however, be lawful to stop the ball with the body or legs, but not with the hands.

3. A goal is gained when the ball is played through between the posts and under the cord by the opposing party, or in any way passed through by the side owning the goal.

4. No player shall strike the ball back-handed ; in every case the player must play facing the opponent's goal.

A player is not permitted to loiter near the adversary's goal, but may be required to retire, while not playing the ball, to a distance of at least twenty-five yards.

The game of ice-hockey is played by designating a "home" some fifty yards square, in which one party of players strives to keep the ball, or any other similar object (with flattened sides, if possible), while the other side strives to drive the object as

far away as possible from the home to a distance agreed upon or to another "home." Instead of this the skating surface may be divided by a center line, with additional lines 10 or 15 yards each side of the center line. The toss of a coin decides on which side the ball is to be dropped by the respective leaders. In beginning the game the players of both parties form a circle around the ball (players of both sides alternating). When all is ready the command to start is given by the leader of the party having the ball on its side. Goals are fixed at a distance of from 30 to 60 yards from the center line.

- |                 |                      |
|-----------------|----------------------|
| 151. NEWCOMB.   | } See printed rules. |
| 152. HAND BALL, |                      |

## 2. HIGH ORGANIZATION.

### 153. TOWN BALL.

This is a simple form of baseball. Two are chosen as leaders and choose sides, one of which takes its innings with one of their number at bat, while the other scatters around the playground with one as pitcher and another as catcher. The person batting is put out of the game by the ball being caught by the catcher after the batter has missed it, also by its being caught on its flight from the bat, by its being missed three times whether caught by the catcher or not, or by its being thrown in front of the runner between bases. When the side having its inning is reduced to one, if he can make as many as three rounds, he has the liberty to call in one of his party. At such time he calls upon one of his party to run in his place while he rests between hits. If the ball is caught in the air or after the first rebound, or if it is thrown before the runner, or thrown and reaches home before the runner completes his circuit, that side is out, and the other takes its innings and continues as the first side.

## 154. HAND-TENNIS.

For hand-tennis select an even surface about 16x40 feet, divided into halves by a regular tennis net, about 2 feet 6

inches high. The required limit lines are marked in the usual way (in-doors with chalk). About three feet from the end line another line, the "toe line," is marked. About ten feet from the net, on both sides, is marked the "short line." The players select sides and take positions behind the toe-line. The beginner bounds the ball on the floor, striking it with either hand, as it descends again, to direct it over the net to the opposite player. Failure to send the ball over the net, or to land it within the

|             |     |       |
|-------------|-----|-------|
| =           | END | LINE  |
| =           | TOE | LINE  |
| =           |     |       |
| SHORT LINE. |     |       |
| NET.        |     |       |
| SHORT LINE. |     |       |
| =           | =   |       |
|             | TOE | LINE. |
| =           |     | =     |
|             | END | LINE. |

lines on the other side of the net, results in forfeiting the ball to the opposite side. Should the opposite side, however, fail to return a properly directed ball or drive it over the lines, the first player scores a point. Failure to stand between end lines at start of game, or touching the net with any part of the body, counts a point for the opposite side. In active play the delivery can be made from any place within lines.

- 155. TENNIS,
- 156. BASKET BALL,
- 157. LACROSSE,
- 158. INDOOR BASEBALL,
- 159. BASEBALL,

} See printed rules.

## 160. HANG BASE BALL.

This is played like baseball, with the difference that a football is used. The player "at the bat" hangs by his hands from the branch of a tree or horizontal bar and kicks the ball instead of striking it with a bat as in ordinary baseball. Otherwise the rules of baseball apply.

- |                |                      |
|----------------|----------------------|
| 161. POLO,     | } See printed rules. |
| 162. CRICKET,  |                      |
| 163. FOOTBALL, |                      |







This book is DUE on the last date stamped below

APR 16 1934

APR 1 1943

FEB 2

NOV 14 1951

NOV 28 1951

DEC 18 1951

NOV 28 1952

JAN 19 1957

DEC 2 1957

MAY 25 1958

LD  
URL DISCHARGE-URL  
JUL 5 1982

DEC 9 1981

JAN 18 1937

JUL 6 1937

OCT 21 1937

OCT 14 1938

JAN 5 1939

FEB 27 1939

MAY 17 1939

NOV 3 1939

GV  
1203 Arnold-  
A75 Gymnastic  
games class-  
ified.

3 1158 00824

UC SOUTHERN REGIONAL LIBRARY FACILITY



A 001 344 070 6

GV  
1203  
A75

ITY OF CALIFORNIA

OS ANGELES  
LIBRARY

